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INSIDE:

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Pirates act up in Greenville! — see page 44

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From Plugs

To A Fabulous Lawn



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ON THE COVER

Petra Baer, a member of Brunswick EMC in Carolina Shores, calls her photograph "Lunchtime at the Daylily." Can you see who's there? To help make your gardening season a fun one, go to Carolina Gardens beginning on page 19.



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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than \$5 per year.



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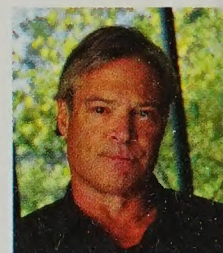
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How much do co-ops care? Let's do the numbers.



By Michael E.C. Gery

As a local business owned by its members, your electric cooperative has an interest in the progress of your community and its economy. At the moment, electric cooperatives across the state are engaged in making economic development loans, and proposing others, that amount to more than \$370 million. These are for community projects that include expanding local industries, extending sewer lines, installing energy-efficient systems at schools, assisting medical and fire department facilities, and converting landfill gas into electricity. (Follow Renee Gannon's "Co-ops & Community Jobs" series, this month on page 9.)

During the past 20 years, the co-op's Bright Ideas program has issued more than \$9 million to local teachers to bring innovative classroom projects to more than 1.6 million students. Co-ops also award scholarships to students of all ages determined to improve their education.

And there are other examples of how North Carolina's co-ops touch their communities. Here is a set of numbers illustrating what they did, just during the last few months of 2013.

\$1,000,000 A co-op's Operation RoundUp program exceeded \$1 million in donations to community organizations. Operation RoundUp allows consumer-members to round up their monthly electric bill to the next dollar, with the extra pennies going to a non-profit fund administered by a board of local people. In December, this co-op's fund gave \$39,176 in grants to organizations such as the Salvation Army, a volunteer fire department, and Open Door Ministries.

42 A co-op's Toys for Tots program gave 42 bicycles to children in three counties.

\$10,000 A co-op's employee donations to the local United Way.

627 Employees collected 627 pounds of food and beverages for the Inter-Faith Food Shuttle's Backpack Buddies program.

150 The number of local children who benefitted from boxes of food and wrapped gifts handed out in a Christmas Care program.

800 The size of the crowd attending the tree lighting at town hall, where the co-op placed not only the tree but also its lights.

19 The number of families and organizations who benefitted from a co-op's Operation RoundUp donations in the final quarter of 2013.

\$3,000 A co-op's donation to the Ministers' Council for Education to help students considered "unaccompanied" or "homeless."

3 A co-op delivered three truckloads of donated toys to a local church for sorting and distributing to local families.

\$19,000 An Operation RoundUp distribution that benefitted Friend to Friend, a Boys & Girls Club, and a park association.

43 The number of shoeboxes employees filled with necessities for children in its Operation Christmas Child program.

5 The number of large boxes a co-op's office had filled as a drop-off location for the annual Toys for Tots drive. Add to that \$200 in cash donations.

110 The number of fleece blankets a co-op purchased after its annual charity drive among members and employees. Add to that 115 toys and 1,500 pounds of food.

17 The average number of families one co-op helps per month through its Operation RoundUp program. They include elderly members who depend on home medical equipment, flood victims, cancer patients, veterans and the working poor.

Analyze fracking

Mr. McDuffie presented useful information in his article on the future sources of electric power [First Person, February 2014]. When discussing natural gas supplies, he implied that hydraulic fracturing (“fracking”) would be necessary for “ensuring the resource supply can meet the increasing demand.” He acknowledged that “this method is facing opposition in some regions.”

In my opinion, state decisions to allow fracking are already despoiling some of our nation’s most beautiful regions while adversely affecting the health of our citizens, livestock and wildlife. North Carolina counties at risk include Rockingham, Stokes, Chatham, Lee, Montgomery, Moore, Richmond and Anson. Communities containing deposits of natural gas are being targeted for fracking through mineral rights leases and land purchases. How tragic it would be if the “Carolina Country Scenes” feature [February 2014] displayed images of sludge ponds, pipelines, distressed cattle and flaming tap water rather than the beautiful photos typically contributed by your readers each month.

While I appreciate that North Carolina’s electric cooperatives are committed to keeping electric rates as low as possible, I feel that we should analyze the cost of power resource options together with concerns about air and water-borne emissions, carcinogenic additives, toxic coal ash, noise pollution, earthquakes, etc. For more information, go to www.nofrackinginstokes.org.

Sarah Werner, Walnut Cove, EnergyUnited

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More for Project Linus

“From Linus, With Love,” the article by Carla Burgess about volunteers who make blankets for children [February 2014] attracted broad interest statewide. Our list of local chapters, however, inadvertently omitted the Sandhills/Moore County Chapter that has donated more than 10,000 blankets in the area plus more than 3,000 to children of soldiers stationed at Fort Bragg. That chapter serves Cumberland, Harnett, Lee, Montgomery, Moore, Randolph, Richmond and south Wake counties. For information, contact Patricia at (910) 673-1457 or www.projectlinus.org.

CFLs from USA

For the most part, all my lighting has been changed over to CFLs. However, in reading the latest issue of Carolina Country, I noticed you mentioned LEDs and the fact that some are manufactured in other countries and may be of poorer quality and make erroneous claims. I was installing some CFLs today and noticed that the Earthbrite bulbs are all made in China. Is there not a manufacturer in the U.S.?

*Jane McWhorter, Monroe
Union Power Cooperative*

Editor’s note: Bowman Lamps (bowmanlamps.com) and Lights of America (lightsofamerica.com) make CFL bulbs in the U.S. Several businesses make LED lamps in the U.S., including Cree (cree.com), based in Durham.

When is a Chevy not a Chevy?



I’ll bet every car buff reader has already pointed this out, but in the February issue, picture #13 by Tiffany Bledsoe on page 19 is described as a “Chevrolet Bel Air” [“Carolina Country Scenes”]. Don’t think so—not with that front fender line, hubcap and V8 emblem. Hard to tell from the picture whether it’s a 1955 or a 1956 (I think the former), but it’s definitely a Ford. Nearly bought one as my first car back in The Day. Great picture though.

Mike Self, Beavercreek, Ohio, and Ocracoke, Tideland EMC

Editor’s note: Yes, we did hear from many car buffs on this. Brunswick EMC member Tim Underhill says it’s a 1954 Ford Customline. Carl Murray of Franklinton says it’s a 1955 Ford Fairlane 500.



January 25

This is at Wilson’s Creek, Collettsville, Caldwell County. It was a toasty 12 degrees there and the ice was probably about a foot thick.

Zachary Triplett

JACOB'S LOG:

Chinese take out

What to expect for dinner in Yiwu after you decline the scorpions

By Jacob Brooks

Last November, I had the opportunity to travel to China with a delegation from Appalachian State University. While I think of myself as an eager traveler who enjoys submersing myself in another culture, there are always experiences when I have to ask myself, "Is this really happening to me?"

It was a moment at the dinner table that brought home to me how far from home I actually was. The cuisine in mainland China does not exactly come from Aunt Bea's cookbook. One dining experience stands out in particular. Our delegation entered a small restaurant in the town of Yiwu. We had just come off the high-speed train from Shanghai. Our dining options on the train ranged from packaged chicken feet to Häagen-Dazs ice cream. Needless to say, we were famished. Upon entering the restaurant, we were directed to the left side of the room to order our meal. This was where things became interesting.

I thought at first I was walking towards a buffet, but that was not the case. Every course available for ordering had been prepared and displayed along these two large stands, similar to a produce stand found in a typical American grocery store. As we circled the display, I spotted some of my favorite dishes, such as Kung Pao chicken and Mongolian beef. However, there were a few things that I didn't recognize: fried scorpions, octopus, and some sort of cooked animal with eyes looking directly at me. Now, I'm not the picky American tourist by any means. I'm not saying it was bad. I am simply saying it was different.

With the help of the young lady who



The Appalachian State University delegation to China included (from left) chancellor Kenneth Peacock, vice chancellor Cindy Wallace, Jacob Brooks, their host Mr. Pan, vice chancellor Susan Pettyjohn and dean Randy Edwards.

had picked us up from the train station, we selected some of the tamer options and made our way back to our table. I became excited when the waitress presented a bottle with a red, white and blue logo – the universal symbol for Pepsi. Ah, yes! There I was in a small village in China at a hole-in-the-wall restaurant drinking a beverage that was crafted in North Carolina. The Pepsi high convinced me that things would go well.

The servers brought out one of the courses we selected, and we began enjoying our meal and engaging our hosts with conversation. But the conversation changed as the second course arrived. The server placed a small soup bowl at each of our seats. Inside the bowl was this large, brown something that looked most like a mushroom. We all jabbed it with our forks and made a few wise cracks as we speculated what it was. The young lady assisting us spoke very little English and did not pick up on our plea for help. In this

moment, I transported my thoughts back to a baseball field in the mountains of North Carolina, and I could hear Coach Evans saying, "Suck it up." So, I did.

I slurped up what I thought was a slimy mushroom. The look of disbelief I had on my face must have been worth a million dollars. But I chewed the spongy substance and swallowed it right along with my pride. Feeling both accomplished and disturbed, I had to know what I just put into my system. To this day, probably for the rest of my life, I shiver when I hear the words, "sea urchin." 🍄

Jacob Brooks in 2010 represented Blue Ridge Electric on the Youth Tour and North Carolina on the Youth Leadership Council. A native of Alleghany County, he is a senior at Appalachian State University where he is president of Appalachian Student Ambassadors.





Thomas Kinkade The Village Lighthouse

Illuminating Canvas Print

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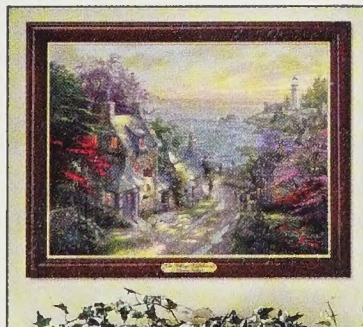
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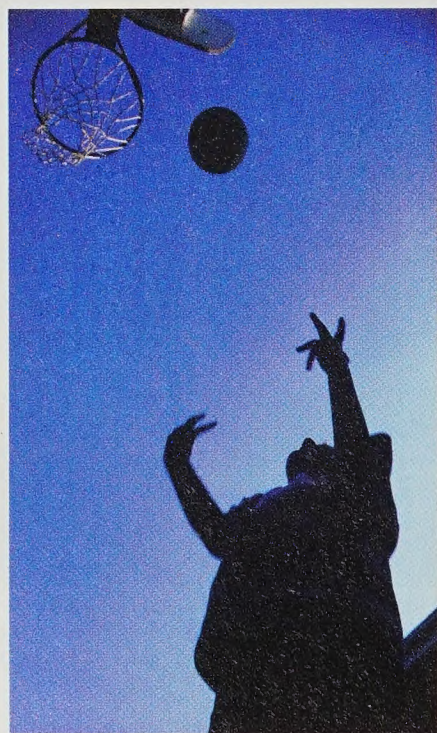
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On the Honor Roll

Carteret-Craven Electric Cooperative, based in Newport, in 2013 was named to the Non-Profit Honor Roll by the North Carolina School Boards Association. The award recognizes the co-op's ongoing engagement with local schools. Here, Carteret County Schools superintendent Dan Novey reads a proclamation recognizing the cooperative. CCEC board president Thom Styron (left) was joined by fellow board members Ben Ball, Jerome Meadows, Doug Fulcher and Arland Bell in accepting the honor.



Middle school players can get scholarships to basketball camp

Kids from across the state will travel to the Triangle this summer to participate in basketball camps on college campuses, thanks to Touchstone Energy Sports Camp Scholarships.

Each North Carolina Touchstone Energy co-op will select two outstanding students from their local area, one boy and one girl,

who will win the chance not only to brush up their basketball skills, but also to practice teamwork and get a glimpse of life as a college student.

The all-expense paid scholarships send young men to soak up lessons from Roy Williams and his Tar Heel team in Chapel Hill, and young women will work with the Wolfpack women's team and head coach Wes Moore at NC State in Raleigh.

Scholarships are available now for middle school students, and applications must be submitted by March 31. More than 50 youth will win scholarships in 2014, which marks the 11th consecutive year the co-ops have offered the opportunity.



How many does it take to change a light bulb?

How many NC State engineering students does it take to replace an inefficient light bulb with an energy-efficient one?

Five: Three to design a nuclear-powered light bulb that never needs changing, one to install it, and one to write the computer program that controls the wall switch.



It's not the heat

"It's not the heat, it's the humidity." That's a common expression we hear during a mid-summer heat wave. But it's just as irritating indoors in winter.

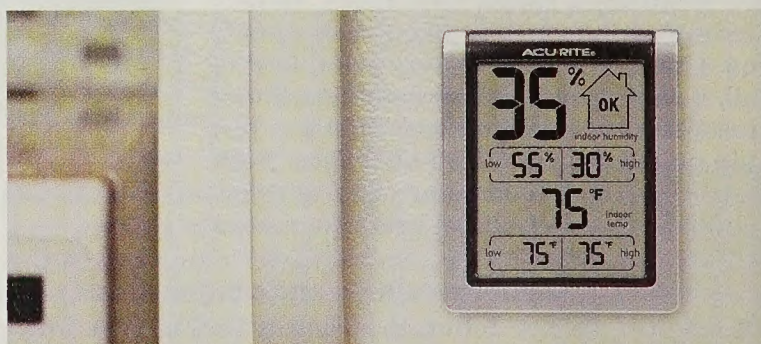
Low relative humidity in a heated indoor room can create dryness that leads to nosebleeds, skin irritation, difficulty breathing and damaging static electricity.

Humidity is the amount of water vapor in the air, while relative humidity (RH) is the ratio of moisture in the air to the maximum amount of moisture the air can hold. Hotter air can hold more moisture, so the amount of moisture the air can hold varies depending on air temperature.

A comfortable home environment is when the level of humidity stays between 25 percent and 55 percent RH. Over 55 percent RH is considered to be a high humidity level, as we sometimes see during summer.

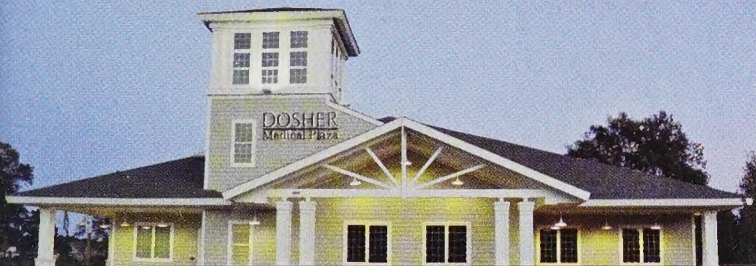
The U.S. Environmental Protection Agency says, "Too much moisture in a home can lead to mold, mildew and other biological growth. This in turn can lead to a variety of health effects ranging from more common allergic reactions, to asthma attacks, and hypersensitivity pneumonitis."

For more information, refer to "A Brief Guide to Mold, Moisture, and Your Home" at epa.gov.



This AccuRite digital humidity and temperature meter reports when indoor humidity levels reach levels that are too high or too low. (accurite.com)

CO-OPS & COMMUNITY JOBS



Brunswick EMC helped Doshier Hospital acquire this medical plaza to expand outpatient and clinic services in Brunswick County.

Brunswick EMC helps Brunswick County expand healthcare services

Brunswick EMC provided a major assist to Doshier Memorial Hospital in its needed expansion of healthcare services to Brunswick County residents. The co-op secured \$1 million in zero-interest USDA Rural Economic Development loans and grants (REDLG) to go toward the hospital's purchase of the Doshier Medical Plaza, located in Smithville Township, adjacent to Southport and Oak Island.

The plaza currently houses limited outpatient services, including diagnostic imaging, laboratory and medical offices, in 7,616 square feet of space. The two REDLG funds (\$300,000 grant and \$700,000 loan), when combined with the non-profit hospital's \$1.34 million in reserve funds along with other project funds, gave the hospital the \$2.4 million needed to purchase the remainder of the plaza's 14,524 square feet of space. The extra space can house four primary care physician practices and convenient access to hospital outpatient services. The project is expected to save six jobs at the facility and create nine new jobs.

The expanded medical services facility will also become an asset to the community in terms of recruiting new businesses to the area, with healthcare access crucial to bringing in economic investment.

According to Tom Siemers, president and CEO of Doshier Memorial Hospital, the purchase will allow the hospital to expand outpatient and clinic services. "Being able to purchase the Doshier Medical Plaza property will allow us to save a substantial amount of money in lease payments, as well as to broaden and enhance the services we will be able to provide the community to help meet the area's growing healthcare needs."

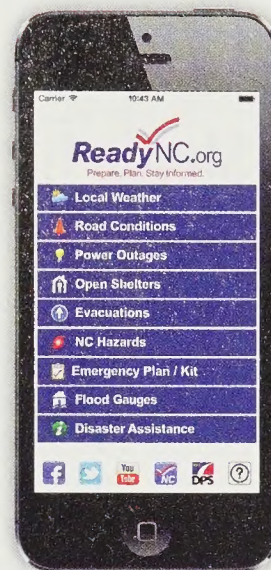
Robert Leavitt, Jr., CEO of Brunswick EMC, stated: "When there's an opportunity to partner with others to bring better services to our community, we are glad to use our access to USDA and Rural Economic Development funding to help out. Any time we can improve quality of life and create or save jobs, that's a win-win, and we thank Representative Mike McIntyre for his efforts in making this opportunity a reality."

The funding Brunswick EMC acquired from the USDA will continue to benefit the community, beyond the healthcare services expansion. The \$300,000 zero-interest grant also serves as a revolving fund for Brunswick EMC. When repaid, the co-op can then loan these funds back into the community for other needed projects.

ReadyNC App helps families deal with emergencies

A new mobile application helps North Carolinians make storm preparations and get real-time updates on weather, traffic and hazard information. The free app does not replace calling 911 but provides helpful information, including:

- Real-time traffic and weather information
- Critical information on how to be safe during different hazardous events
- Real-time information about opened shelters for evacuees (including addresses, capacity, directions and if the shelter is pet-friendly)
- Real-time updates on flood levels of major nearby creeks and rivers
- Phone numbers and links to all North Carolina power companies to report outages
- Basic instructions on how to develop emergency plans and what to put in your emergency supplies kit
- Real-time information on which counties have issued evacuation orders
- Contact numbers and links to websites for those who need help recovering from a disaster
- Direct links to the ReadyNC.org and NCDPS.gov websites and social media accounts

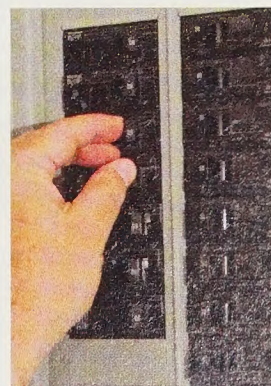


The app is available in the AppStore for iPhones and Google Play for Android devices. It was developed by N.C. Emergency Management using Citizen Corps funds for emergency preparedness.

In case of power outages, electric cooperative members should notify their co-op directly if they are without electricity. Members can also check their co-op's website and other sources such as Facebook for updates.

Cut off all but one circuit breaker during an outage

When an extended power outage occurs, it's a good idea to turn off all household circuit breakers except one you use for indoor lighting. Once power has been restored, you should wait 15 to 20 minutes and then begin to turn breakers back on. It helps to prevent a sudden overloading of both yours and the co-op's breaker system when power is restored. The "one breaker" policy is especially helpful during times of high energy demand posed by extreme winter or summer temperatures.



Try This!

Shade for savings

Strategic plantings can prune your electric bill

By Thomas Kirk

Want to save money on your energy bill without undergoing retrofits and renovations? Get a shovel. Strategically planting trees, shrubs and groundcover around your home is a tried and true way to save.


Energy savings gained from shade trees depends on the location and orientation of both the trees and the house. Your climate also comes into play. But smart landscaping can generally save about 25 percent of energy normally used for cooling and heating.

In summer months a tree's shade cools the surrounding air temperatures by as much as 9 degrees Fahrenheit. Air temperatures directly under trees can be as much as 25 degrees Fahrenheit cooler. This means that a homeowner can reduce an unshaded home's summer air-conditioning costs by 15 to 50 percent.

In the winter, tree and shrubs block heavy winds. Homeowners are encouraged to plant deciduous trees if possible. Unlike evergreens, these trees lose leaves in the winter and allow more sunlight into the home for natural warmth.

Shading the coils of an air-conditioning unit has the potential to modestly reduce energy demand. But if done improperly, there could be a net increase in energy use. Researchers from the Florida Solar Energy Center found that effective shading of an AC unit could yield energy savings of 6 percent, but improper setup could result in a drop in efficiency of up to 15 percent. This drop in efficiency happens when the vegetation blocks proper airflow to the unit or traps too much heat near the unit.

Trees and shrubs near a heating and cooling system require constant monitoring. During the growing season, plants can creep closer to the system and interfere with proper air circulation.

While trees and shrubs are often employed to thwart the efforts of nosy neighbors, they have other practical functions. Through the careful planned positioning of vegetation, homeowners can realize significant savings on their home energy bills. Research the best plants to use and consider how and where they will grow before letting your investments take root. 

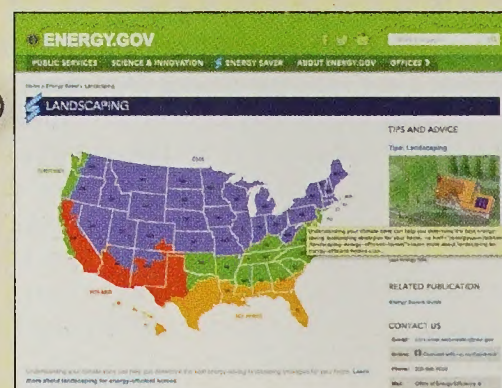
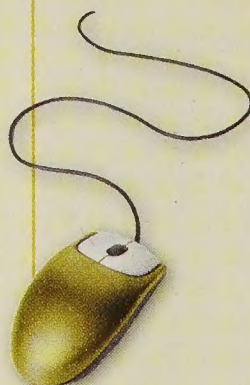
Thomas Kirk is a program manager specializing in energy efficiency and renewable energy for the Cooperative Research Network, a service of the National Rural Electric Cooperative Association.



If positioned with care, plantings help block winter winds and shade your house during the summer.

Landscaping resources

For details on using trees, shrubs and groundcover to save energy, visit the Landscape Shading Energy Savers page at energy.gov/public-services/homes/landscaping. A dated but still applicable consumer guide, *Landscaping for Energy Efficiency*, is also available at www1.eere.energy.gov/library/pdfs/16632.pdf.



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Lessons From Germany

What's happening in Germany's electricity business these days is giving us all a preview of big changes that could affect utilities and consumers in the rest of the world.

When it comes to energy policy, Germany's political, business and public opinion climate is considerably different than the prevailing attitudes in most nations, including the U.S. Even so, the evolution of the industry there in the past 30 years can be instructive to Americans.

In 1980, nuclear energy was the fastest-growing source of electricity generation in Germany, producing about 11 percent of the nation's requirement. But after the 1986 explosion at the Chernobyl nuclear plant in Ukraine, the German government in response to public pressure ordered a phase-out of nuclear power by 2022. The 2011 Fukushima nuclear disaster in Japan stepped up that phase-out when the German government ordered eight plants closed immediately and the remaining nine closed by 2022.

Meanwhile, Germany accelerated activity in the renewable energy business by offering guaranteed contracts and premium prices to suppliers, including retail consumers, and subsidizing local applications of renewable energy technology, all recovered by a surcharge on consumer electric bills. The move succeeded to the point where about 25 percent of the electricity generated in Germany today comes from renewable sources, primarily solar and wind energy, with a goal of 50 percent by 2030. German consumers by and large favor these advances and see the nation as a pioneer in both renewable energy deployment and in reducing carbon emissions (even though the emissions results are not yet certain). Pride in their progress helps consumers and businesses accept the high cost of electricity. A kilowatt-hour of electricity in Germany costs about three times what it costs in the U.S.

What does the scene in Germany illustrate? It shows that electric utilities everywhere must balance the demand for power with the capacity and resources to generate power. The abundance of solar- and wind-generated electricity in Germany on sunny or windy days — coupled with the increasing efficiency of appliances — has produced situations when traditional power plants fueled by natural gas, coal and nuclear energy have had to reduce production or shut down all together. Shutting down those big plants is not a simple matter.

"It's very difficult to power down a coal or nuclear unit," says Mike Burnette, chief operating officer for North Carolina Electric Membership Corp., a power supply cooperative owned by the state's electric co-ops. "You still have to have power available when the sun doesn't shine and the wind doesn't blow.

Cycling these plants up and down can cause instability in the system, which could mean black-outs and brown-outs in some cases." He also points out that operating these plants at low capacity results in inefficient burning of fuel and can result in increased carbon emissions.

There have been times in Germany when the traditional electricity suppliers have had to pay other nations to take their excess power. When solar and wind generation feeds into the system, it takes priority, not only because that power can't easily be stored for later use, but also because it's less expensive than power produced at traditional plants. The excess needs to go somewhere.

"Batteries hold promise for storing power produced by renewables, but they aren't there yet," Burnette says. "Storage may be the next boom in Germany."

Solar-generated electricity is also



Wind turbines in Germany.

growing in the U.S., including in North Carolina. Electric co-ops and other utilities across the country are incorporating solar and wind power as parts of their power supply mix. And increasingly, the suppliers are third party

A kilowatt-hour of electricity in Germany costs about three times what it costs in the U.S.

producers, ranging from rooftop installations to large solar and wind "farms."

"Solar and wind energy producers operate generating facilities just like utilities do," Burnette says. "If we purchase power from them, we purchase it on the wholesale level, just as we do from traditional suppliers."

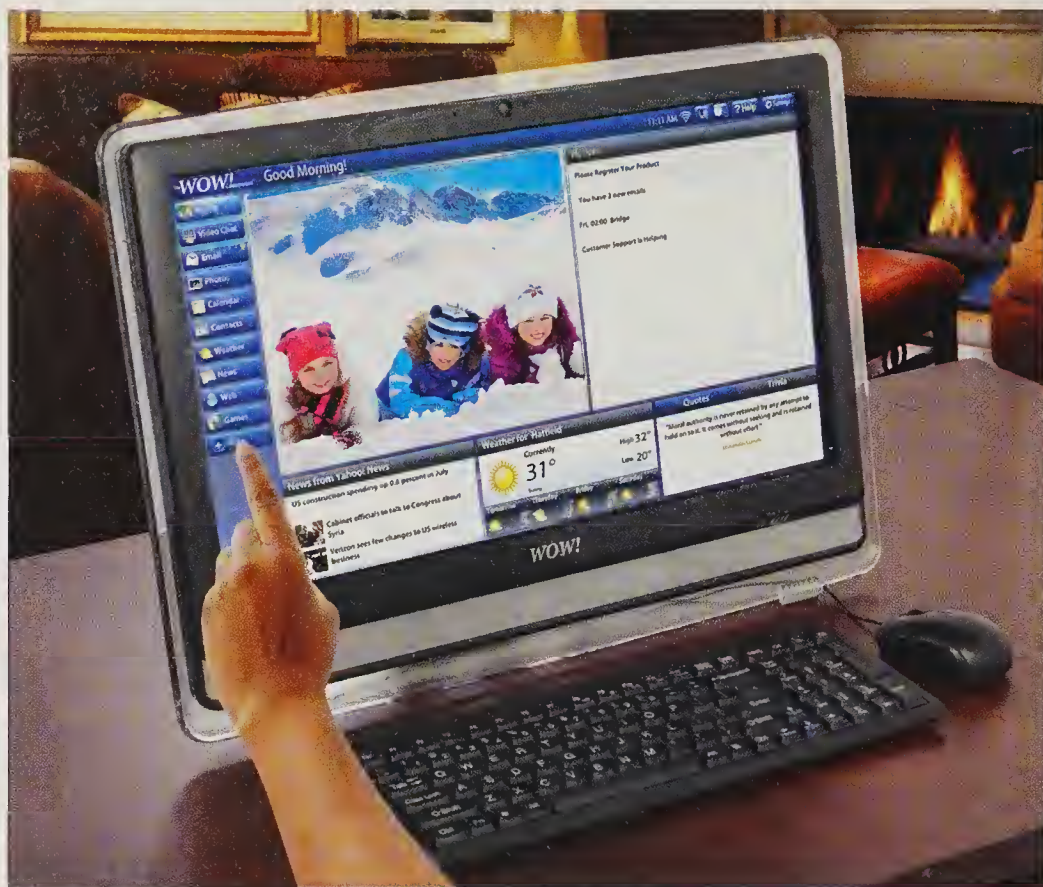
And the bottom line is that the traditional "grid" as we know it — the "always-on" system of power plants, transmission facilities and distribution lines — must still be there and remain stable so that consumers have electricity when they flip on the switch, day and night, on windy days and calm days. Maintaining that grid — operating it, upgrading it, expanding it to new generation facilities — is a cost that everyone must bear. ☺

This is the 15th in a series produced by the North Carolina Association of Electric Cooperatives.

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After the light went on

By Michael E.C. Gery

When Tony Herrin in 2002 was interviewed by Union Power Cooperative's board of directors for the top managerial job, he told them, "It's very humbling to know where you come from, to realize that you've been given opportunities that you never thought possible." At the time he had worked 19 years for Union Power in increasingly responsible roles. The board appointed him to run the cooperative, knowing that his humility, his skill in working with others and his drive for continuous improvement would serve the co-op and its members well.

Born, raised and educated in Stanly County, Tony came to realize that his parents made sacrifices on his behalf so that he could have opportunities that they never had. After high school he went to Wingate College, then a two-year school in neighboring Union County. When he matriculated to Appalachian State University in Boone, he says, "the light went on," and he knew what he wanted to do. He married Carlene, his high school sweetheart and fellow ASU student, and earned his degree in business.

While working in manufacturing, traveling a lot on business, he yearned in 1983 for a life closer to his Union County home. The first of his two sons was still a toddler, but Tony was coaching a local youth baseball team. Waiting to take the field one day, he was talking with the other team's coach, Phil Wally, Union Power's general manager. It didn't take long for Phil Wally to ask young Tony Herrin to visit him at his office in Monroe. A few months later, in October 1983, Tony was hired as the co-op's first director of energy management.

For two years, he introduced Union's consumer-members to "load management," whereby the co-op installed a switch to control electricity use at peak load times, when the cost of electricity was highest. Learning the technology was brand new, but Herrin managed to enroll about half the members.

In 1985, Herrin was promoted to manager of member and public relations, which involved communications, marketing and member services at a time when computerized communication was just emerging. By the late 1980s, he became manager of the Monroe district, supervising the office and field operations for the co-op's services in Union and Mecklenburg counties. (The district office in Oakboro services Stanly, Cabarrus and Rowan counties.)

Located near Charlotte, the cooperative's membership was growing faster than anyone expected. Herrin then faced something else no one expected: Hurricane Hugo in September 1989. Reaching category 4 strength when making landfall at Charleston, Hugo aimed directly for Charlotte, with Union's service area on the city's east side, where the storm was strongest. Hugo knocked out every electric service in the co-op's system. "We had zero meters turning," Herrin remembers. His role was to support the engineering folks' dispatches and manage crews repairing the system. It took nearly four weeks.

"What you learn is to be patient," Herrin says. "You just have to take it one task at a time, one day at a time. You need to be patient physically and mentally."



General manager Tony Herrin retires this month after more than 30 years with Union Power Cooperative.

He also learned the value of teamwork. Ever since, he has instilled in the co-op's staff an attitude of mutual respect and cooperation. "I have always believed in teamwork," says the baseball coach turned electric utility executive. "But talk is one thing, leading and demonstrating and communicating is the real thing."

Tony Herrin moved on to manage Union Power's large accounts, which had become increasingly important as the co-op grew. The work, he says, "turned from a game of checkers to a game of chess." It included planning and negotiating with city-owned utilities and Duke Power, who at times competed for accounts. It included responding to certain "deregulation" initiatives that prompted the co-op to expand its brand as a member-owned utility as well as its service into home electrical and HVAC services offered by a new co-op subsidiary, Union Services.

And now, the industry is evolving again, primarily because of new technology for everything from generating power to delivering and monitoring it. Under Herrin since 2002, Union Power has not only tripled its membership, but also has been known as a technological leader. With its area poised for another growth stage, it has to be. And Herrin believes the cooperative can handle it. "We have extremely bright, innovative and hardworking employees, eager and able to continue fulfilling the cooperative's mission."

"The beauty of a cooperative—and its strength—is that the size is not important," he says. "It's the service. We are not here to make a profit, but to serve the members and their communities."

Tony Herrin serves on the Session of his church, Benton Heights Presbyterian, and has volunteered with civic and educational organizations. Carlene, a former teacher and bank staffer, works for the Union County Board of Elections, but the two of them look forward to enjoying time together outdoors, golf, quiet times, and the families of their sons, Josh and Jacob, who are nearby.

Meanwhile he has been helping in the transition of Greg Andress, assistant general manager since 2013, succeeding him at the helm. Andress worked with the National Rural Electric Cooperative Association for 10 years before coming to Union Power. "He knows cooperatives," Herrin says. "He will be good for Union Power and its members." 🍌

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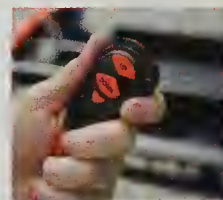
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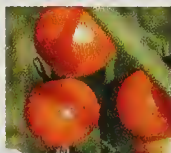
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ZINNIAS



The sooner the soil warms up, the sooner annuals such as zinnias will have their day in the sun.

TIP OF THE MONTH

Having the blade on your lawn mower sharpened ahead of springtime lawn cutting season will result in two positive effects:



(1) The mower will run more efficiently, thus use less gas and cause less air pollution; and (2) the blade will cleanly cut rather than tear grass, which could leave ragged ends and invite diseases. If your blade is pitted, dinged and dented from years of encounters with roots and rocks, replace it. Although professional mower mechanics offer this service, an experienced backyard handyman won't have a hard time taking off a blade for sharpening or replacement, but remember to be safe and always remove the mower's spark plug first!

Black magic plastic

A layer of plastic film helps soil warm up to spring plantings

by L. A. Jackson

READY TO PLANT YOUR GARDEN? NOT SO FAST...

Even with North Carolina's temperatures approaching short-sleeve weather, dirt is denser than air, meaning it takes soil much longer to warm up in the springtime. So if you want to plant heat-loving summer annual vegetables and ornamentals early in the growing season, plastic will help start them sooner.

A layer of plastic film covering garden ground will act much like a greenhouse by absorbing heat from the sun during the day and preventing its loss at night. Black plastic does a good job of warming the soil and, because it blocks light, also discourages weeds.

After you have turned over the garden's soil for spring plantings—and added fertilizer—cover it with a single layer of the plastic, burying the corners in dirt. Poke small holes in the plastic to allow rain to drain into the earth. Rain will not only water the garden, but, by way of the drop-lets, the mild temperatures from the early spring showers will reach deep into the soil, warming it further.

Give the plastic two weeks or more to raise the soil's temperature. Then, cut 4-inch wide X's into the film and set your plantlets into the dirt underneath.

By the middle to end of May, the plastic will have done its job in starting young plants off early, and the additional heat generated by the film won't be necessary—nor welcomed—during the hot summer months. Rather than removing it, simply poke more holes in the plastic to allow air and moisture to pass freely through, and pile a few inches of organic mulch such as dried leaves, hay or compost on top. Organic mulch will prevent the soil from becoming too hot, inorganic plastic sheets will stop weeds, and both will help conserve moisture.

At the end of the growing season, while clearing out spent annuals, simply pull the sheets up, toss the plastic away, and at least tip your hat as a way of saying, "Thanks!" to this handy garden helper.

GARDEN TO DO'S

- ❖ 'Tis time to fertilize. In particular, established roses, shrubs, perennials and trees will benefit from a wake-up jolt of nutrients early in the month. To minimize this job for the rest of the growing season, use a time-release fertilizer that will slowly send nutrients into the root zone over the next several months.
- ❖ As the flowers of naturalizing bulbs such as crocus, daffodils, hyacinths, ipheion and species tulips begin to fade, allow the foliage to turn brown before pruning it back. While the leaves are green, they continue to absorb energy for next year's flower show.
- ❖ Now is a good time to divide and transplant perennials such as asters, bleeding hearts, astilbes, ajuga, oxalis, coral bells, phlox, hostas, liriope, daylilies and shasta daisies.
- ❖ How about more mint, creeping thyme, tarragon and chives? These herbal helpers can be divided at this time, too.
- ❖ If you are preparing garden trellises for annual ornamental and vegetable vine plants this summer, why not add more color and interest to the structures? Sure, regular white string will work as supports for the vines, but so will the colorful yarns that can be found at craft stores.

L.A. Jackson is the former editor of Carolina Gardener Magazine. If you would like to ask him a question about your garden, contact L.A. at: lajackson1@gmail.com.



Dianthus softens the borders of a path when planted alongside.

Paths of enlightenment

Well-planned paths add beauty and a good way to get to your garden

By L. A. Jackson

Paths are, of course, necessities when it comes to walking from Point A to Point B in a garden, but as utilitarian as they are, with proper planning, they can actually add to the beauty of the landscape. Below are some pointers that will help lead you down an enlightened path to a prettier garden.

MATERIAL

What should your path be made of? The best answer lies in the effect you want such a trail to have on the landscape as well as the amount of work you prefer to devote to it. Here are a few suggestions:

- ❖ **GRASS:** Grass certainly has the natural beauty to accent any garden, but of all the materials that could make up a path, it is one of the highest in maintenance. Coring, liming, mowing, renovating, insect control, disease control, weed control—it can be a lot of work, which is time taken away from other garden chores.
- ❖ **GRAVEL:** Pea-size gravel can visually blend in well with garden beds, but for those who enjoy their quiet time in the garden, keep in mind that each step down such a path will be accompanied by a loud “Crunch!” So, instead of smooth, rounded pebbles, opt for rough, jagged gravel, as it will lessen the noisy “slip-slide” factor. Also, to hold pebble shift down to a minimum, don’t layer this rocky path deeper than 3 inches. Keep the rocks in bounds by either digging the walkway out to a depth of 3 inches or flanking the sides of the path with 3-inch-tall retaining barriers. And to help prevent weeds, lay down sheets of plastic weed-block on the walkway before spreading gravel.
- ❖ **BARK AND WOOD CHIPS:** These tree byproducts give a similar natural ambiance to a path as gravel but with much less noise. Bark, as well as wood chips, comes in many shades of brown, so you can fine-tune the visual appeal of a

path. Unlike gravel, they will decompose, and replacement or refurbishment will usually be necessary every two to three years. As with gravel, adding (or digging) a retaining barrier and including weed-block is a good idea.

- ❖ **STONE:** Large slabs of flat rocks for paths have much the same appeal as gravel, but without the crunch. Stones can be expensive, but they are also a rather permanent, low-maintenance addition to a garden. However, it is still a good idea each winter to check the stones to make sure they are firmly embraced by terra firma. Any loose rocks should be resealed before garden activities pick up in the spring.
- ❖ **BRICK AND BLOCK PAVERS:** Like stone, they can be fairly permanent fixtures in a landscape, and also like stone, they can be expensive. But they do look elegant. The repeat patterns possible from bricks and pavers make them ideal candidates for gardens that have more formal layouts.

PATH WIDTH

There is no set width for a path—just let available space and common sense, along with the following observations, be your guide.

- ❖ **ONE FOOT WIDE:** If you want to have flashbacks to your days on Marine Recon patrol, this is your kind of path.
- ❖ **TWO FEET WIDE:** Still a little too close, but with tall plants, it could make for a suitable surprise setup leading to the entrance of a special spot or secret garden.
- ❖ **THREE FEET WIDE:** A bit snug, especially for carts, lawn mowers and other such garden helpers, but if it is flanked by border beds that contain low-growing plants, it is adequate for strolling visitors.
- ❖ **FOUR TO SIX FEET WIDE:** Optimum width for a path in a private garden, providing enough room for visitors to

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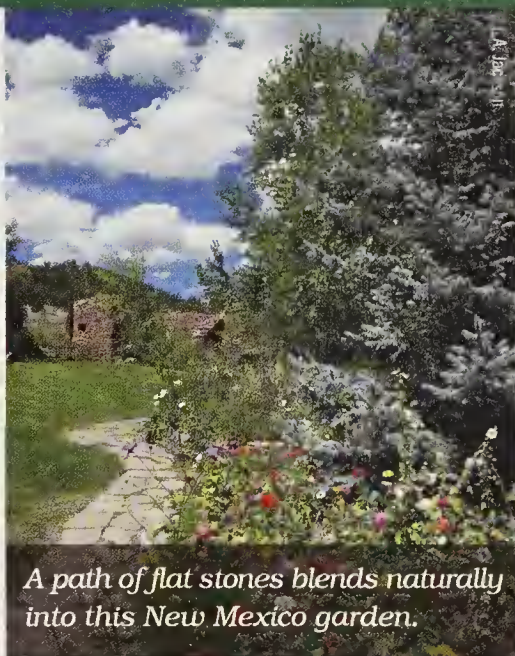
explore as well as gardeners on all fours doing plant maintenance without wasting bed space that could otherwise be used to show off more plants.

PLANT SUGGESTIONS

Finding flashy flowers is easy—and subject to personal preferences—but for extra character and interest, consider:

- ❖ **FLOPPERS:** Think about softening the borders of a path by adding plants that playfully spill over onto the garden lane in a controlled manner. Such candidates include ice plant, woodland phlox, vinca, lantana, Solomon's seal, purple beautyberry, portulaca and dianthus.
- ❖ **AUTOMATIC AROMATICS:** Make your path a fragrant one and place plants that release their special scents when touched close to the walkway so they will be brushed against. Good choices are Russian sage, beebalm, scented geraniums, lemon verbena, thyme, rosemary, lemon grass and basil.

You can contact Carolina Country's lawn and garden columnist L.A. Jackson at lajackson1@gmail.com 📧



A path of flat stones blends naturally into this New Mexico garden.



This woodland landscape is accented nicely with a bark walkway.



Although it can be high maintenance, grass makes these paths in a Richmond, Va., garden very eye-appealing.



Allowing some plants to playfully flop will soften the edges of a path.



Bring in the butterflies

You can attract light, bright fliers by offering to feed them and their young crawlers

Photos and text by L. A. Jackson

Large, massed plantings such as purple coneflowers help attract more butterflies.

BUTTERFLIES AND INSECTICIDES

Being insects, butterflies will not fare well in a garden that is heavily dependent on insecticides to keep bad bugs at bay. In particular, broad spectrum insecticides — commercial concoctions that usually list on their labels dozens and dozens of different bugs they kill — are especially dangerous for butterflies. Probably less known is the fact that systemic insecticides can be equally hazardous because they make all parts of the plants poisonous to insects, meaning they put both leaf-munching butterfly caterpillars and nectar-sipping adults at risk.

An easy way to deal with damaging bugs in a dedicated butterfly garden is to lessen the need for insect poisons by picking more plants that are insect-resistant. There are plenty of modern cultivars that have been developed to be less appealing to destructive insects, but for time-tested toughness, also consider native plants. By their evolved nature, most indigenous plants have survived and thrived in the wild against bad bugs, so including some of them in your landscape is another kinder, gentler step towards creating a butterfly-friendly garden.

Spring is an ideal time for gardeners who love ornamental plants to plan for not only a bountiful show of blooms but also butterflies. That's right — butterflies.

These bright flits of kinetic color are enough to make even the most distracted backyard grower take notice. Of course, stray butterflies will fly into the garden just about any time during the spring and summer months, but when it comes to finding these beautiful winged insects in the landscape, the more the merrier! And the best way to bring in more butterflies is simply to offer them something to eat.

This can be done by serving up plants off of butterflies' Most Preferred List, which is actually two lists because mature butterflies go for flowering, nectar-producing plants, while their young — caterpillars — prefer to munch on plant foliage. Some butterflies are pretty finicky eaters, but in general, there are plenty of plants around that will attract a large assortment of these beauties.

FOR THE ADULTS

Nectar-loving adults are, of course, drawn to blooming plants. They seem to favor plants with red flowers first, followed then by yellows, pinks, whites and purples. Also, they like blossoms that are flat-topped or clustered to allow them to land so they can feed while in park. Call it a fly-in diner, if you will.

And what specific kinds of flowers can be classified as butterfly magnets? Spring bloomers such as primrose, money plant, lilac, sweet William, rock cress and candytuft are great for attracting an assorted variety of adult butterflies at the beginning of the growing season.

In the summer, butterfly weed, bee balm, purple coneflower, butterfly bush, cosmos, daylilies, lantana, periwinkle, scabiosa, lavender, hydrangeas, yarrow, zinnias, phlox and verbena are some good choices to take over from the spring flowers and continue bringing butterflies into your garden.

Butterflies will flock to fall flowers as well.

Sedums, asters, salvias and swamp sunflower are a few of the better late-blooming butterfly baits.

The blossoms of many native trees also double as desirable food for adult butterflies. Examples include tulip poplar, wild cherry, sassafras, persimmon, hackberry, redbud and pawpaw.

Even weeds will draw these winged beauties into your yard. Clover, henbit, morning glory and dandelion are all native "volunteer" plants that pop up in the landscape and serve as sources for nectar.

The difference between a "weed" and a "native plant" often lies in its desirability in the garden. Many native plants are simply too pretty not to be included in cultivated gardens, and as a bonus, their nectar also attracts adult butterflies. Such indigenous lovelies include liatris, black-eyed Susan, cardinal flower, coreopsis, Indian blanket, ironweed, goldenrod and Joe-pye weed.

FOR THE LARVAE

Butterfly larvae also like weeds. And since they munch on the foliage of these plants that many gardeners find undesirable, the caterpillars are actually helping with landscape maintenance. Some caterpillars chew on certain tree leaves as well. Elm, river birch, poplar, willow, dogwood and cherry trees seem to be tops on many of their dining lists. But as long as these leaf-eaters keep damage to a minimum, it is easy to live with their presence.

Interestingly, some butterfly caterpillars tend to be plant-specific — in other words, very picky about what kind of greenery they eat. A good example is butterfly weed. While this native perennial's nectar is a big favorite for many different adult butterflies, its foliage is especially sought out by Monarch larvae. This is also true for many of the other related plants in the milkweed family.

As a similar example, Black Swallowtail caterpillars have a preference to feed on the native golden Alexander as well as related plants — and this sometimes gets them in trouble. Golden Alexander is from parsley

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family, which also includes three other plants young Black Swallowtails prefer: the popular garden herbs parsley, fennel and dill. However, many concerned herbalists coexist with these larvae by either picking them off the plants and moving them to other greenery, or planting more parsley, fennel and dill than man or beast will ever consume in a summer.

And the Spicebush Swallowtail actually gets its name from the source of its larvae's preferred food: the spicebush, which is a small native shrub often found on flood plains and along ditch banks.

LURING THEM

A good way to attract more adult butterflies into a garden is to concentrate the right plants in large enough numbers so these fliers can easily see what you have to offer when they are flitting through the neighborhood. A clump or two of purple coneflowers won't effectively do the job, but a massed bed or border filled with these plants in full bloom will be a big neon sign that, to butterflies, spells "F-O-O-D!"

Another trick for bringing in butterflies is to add shallow dishes of water, wet sand or mud in the garden. You will be surprised how many of these winged beauties will congregate around such watering holes! Since butterflies also like sweets, sugar, honey or pieces of fruit can be added to enhance this butterfly bar, but be forewarned that such treats will also catch the attention of ants, wasps and bees.

One more amenity that can appeal to these wonderful winged insects is large, flat rocks placed in an area that receives the morning sun. Butterflies are cold-blooded creatures and will seek out such toasty spots to warm themselves up at the start of a new day.

Of course, if you are committed to bringing in more butterflies to your garden this growing season, one other item you might think about picking up is a good book that identifies the different types of butterflies in your region. It can become a fascinating hobby, and, after all, you wouldn't want to mistake an American Painted Lady for a Great Spangled Fritillary, would you? 🦋



The native black-eyed Susan is favored by butterflies and gardeners.



A wide hydrangea bloom makes dining on nectar easy for this Black Swallowtail.



An Eastern Tiger Swallowtail exploring a butterfly bush blossom.



For better looking tomatoes, understand your plants' physiological needs.

Tomato troubles

Why your tomatoes may not put on their best face, and what to do about it

Photo and text by L. A. Jackson

Idyllic is the tomato harvest of perfectly round fruits shining in a glow of flawless red. But in the real world of vegetable gardening, such a crop is not always the case because many tomatoes will be scarred, marred and otherwise look down right ugly.

Why?

Disease! It must be a disease! So out comes the sprayer, and you spray and spray with a fungicide. But it doesn't work.

Insects! The dastardly disfiguring must be the work of insects! So out comes the sprayer again, and you spray and spray with an insecticide. But it doesn't work either.

What caused your once-promising tomato crop to look so terrible? Rather than diseases or insects always being the usual suspects, there are several physiological problems that can also produce less-than-pristine fruits, and knowing what they are now will help prevent them at harvest time. Listed below are four of the most common disorders and tips on how to deal with these problems. For a tomato patch closer to perfection this summer, study them carefully.

❖ **BLOSSOM END ROT.** This ugly dark brownish blotch on the bottom of an otherwise flawless fruit stems from stress put upon the plant due to finicky Mother Nature--in particular, wildly fluctuating rainfalls creating extended periods of wet-dry-wet-dry conditions. A 3- to 4-inch mulch and regular waterings when the rains don't come will help stabilize the ground moisture supply and prevent such ugliness from occurring. In addition, a shot of calcium will also inhibit this problem, especially in gardens with acidic soil. Powdered lime is a good source of calcium, but it reacts slowly with the soil. For quicker results, spray tomato leaves with a diluted solution of calcium chloride (available at most lawn and garden centers).

❖ **SUNSCALD.** It first appears as a yellowish, discolored spot on top of a tomato, and then eventually turns the afflicted area about as ugly as a bad case of blossom end rot. True to its name, the cause of

this blemish is Ol' Sol—too much sun is the culprit. Sunscald usually happens on tomatoes that ripen on the upper branches of plants. With less shade, these fruits easily become overexposed to relentless sun rays. However, conservative pruning (especially in the top branches) and using a light covering such as cheese cloth over the plants will help prevent the sun from doing such damage to ripening 'maters.

- ❖ **CRACKING.** This condition is marked by concentric, unappetizing rings circling the stem or vertical splits along the sides of the fruits. It is the result of tomatoes growing too fast and literally bursting out of their skins. This problem usually occurs when a big rain falls after a long dry spell. Too much water too soon becomes too much of a good thing, and it causes the tomatoes to crack. Mulching the plants will help steady the moisture supply, and a regular watering schedule when the rains don't come will also prevent this disorder. In addition, if this seems to be a persistent problem in your garden, there are varieties available that are resistant to cracking.
- ❖ **CATFACING.** Have any disfigured or deeply scarred tomatoes? They are probably the victims of catfacing. Don't take the name too literally and think rogue cats are the cause. No, "catfacing" is just a descriptive term used to describe this disorder. With a lot of imagination, you can sometimes see cat faces formed by the disfigurements. This problem starts early in the development of fruit. Cool weather can cause abnormal growth in young tomatoes that magnifies as they get bigger, meaning early spring plantings are usually more susceptible to catfacing. So, if your first crop of tomatoes show signs of this problem, don't worry—any fruit that follow should be free of this disorder as temperatures rise during the growing season.

Contact Carolina Country's lawn and garden columnist L.A. Jackson at ljackson1@gmail.com 📧



The eye-catching glow of the Habanero pepper.

SOURCES

In addition to your local nursery, you can order hot peppers through these businesses:

- ❖ Pepper Gal, Ft. Lauderdale, Fla.
peppergal.com
- ❖ The Chile Pepper Institute, Las Cruces, N.M.
chilepepperinstitute.org
- ❖ Pepper Joe's, Myrtle Beach, S.C.
pepperjoe.com
- ❖ The Chile Woman, Bloomington, Ind.
thechilewoman.com

Hot peppers

Edible and ornamental, they spice up your life

Photos and text by L. A. Jackson

Want to add visual and literal sizzle to your garden this year? Include hot peppers. These popular plants have become staples in many vegetable gardens. Even with heat levels that, in some, seem to approach thermonuclear, it can't be denied that hot peppers will certainly spice up dull meals at dinner time.

But with such a diversity of shapes, sizes and especially colors, it seems a shame to confine hot peppers to just the veggie patch. Many hot peppers are not only very ornamental, but their colorful fruits are abundant as well as persistent. They are ideal plants to add extra eye-appeal to just about any landscape. In addition, the usual compact size of these annuals makes them excellent companion plants for flower borders and prime candidates for container gardens.

Need examples? Think of the long, bright yellow Hungarian wax peppers, or the squat, crinkled, outrageously hot Habanero, glowing in simmering shades of orange or red, mixing it up with purple basil or a dark-leaf sun coleus. Nice contrast, yes?

There are even hot peppers that create their own contrast. As Serrano and Jalapeno peppers ripen, they become a pleasing visual melody of shiny young green and mature red fruit. Not to be outdone, the Tabasco pepper sports a sassy coat of pale green, yellow, orange and red as its fruits develop in different stages.

ORNAMENTALS

Some hot peppers are designated as "ornamental," meaning that, although edible, they were bred more for looks than taste. Many show off multicolored fruit, making them automatic focal points in the landscape. A good example is 'Explosive Ember' with red, orange and purple fruit all competing for attention on the same plant and nicely flaunted on a background canvas of purple-tinted foliage. Other multicolored ornamental pepper showoffs include 'Marbles', 'Sangria', 'Prairie Fire', 'Aurora', 'NuMex Twilight', and 'Bolivian Rainbow'.

Another eye-catching ornamental pepper: the dusky, mysterious 'Black Pearl'. Its deep purple leaves and dark, ink-hued fruit make

interesting counter colors against white or pastel-flowering annuals. The silvery leaves of artemisia also bounce boldly off 'Black Pearl'.

PLANTING YOUR PEPPERS

Two to three weeks after the last average frost date or when the soil temperature rises to around 65 degrees F is a good time to plant hot peppers. The more sun they receive, the better, but also make sure plants are placed in well-worked, enriched soil.

Since hot peppers are heat worshipers, a good way to get young plants off to a fast start is to cover the ground around them with a sheet of black plastic to trap warmth from the sun. Ideally, this covering should be in place two weeks or longer before hot peppers are planted.

Be sure to poke holes in the plastic to allow water to reach the root zone. And when summer really begins to simmer, adding a few inches of organic mulch over the covering will not only help even out the peppers' supply of moisture over the growing season, but it will cut down on weed competition.

Any other ornamental or vegetable being included with the hot peppers can be added by simply cutting an "X" through the black plastic and setting the plant in the soil.

One final note: If hot peppers are to be interplanted with standard ornamentals and also used in the kitchen, be sure not to spray the fruits with any pesticides that haven't been cleared for vegetables.

You can contact Carolina Country's lawn and garden columnist L.A. Jackson at lajackson1@gmail.com ☎



'Black Pearl' can add unusual landscape interest with its dark, mysterious fruit and foliage.



Eastern redbud is native to North Carolina as well as a wide range of climates, so be certain to purchase a tree that was grown from locally harvested seed. This ensures that the tree will adapt to our climate. Trees grown from seed collected in the north may not withstand the heat of our summer.

NATIVE RESOURCE

The Going Native website (ncsu.edu/goingnative) can help guide you in knowing which native trees and plants are available to suit your particular site and where they can be purchased.

Planting a tree

Consider its purpose, plant it properly

By Amy Ney

Are you considering adding trees to your landscape? To choose the right tree for your site, you need to evaluate several characteristics.

SELECTION

Imagine the tree full grown—is there enough height and width for the tree crown, as well as underground space for the roots? What is the soil composition, pH, and how well does it drain? How much sun does the site receive, and when? What hardiness zone are you in?

Your local Cooperative Extension agent can assist you in these questions and in collecting a soil sample for free analysis. More information about plant hardiness zones can be found at garden.org/zipzone

Your purpose for the tree will help you choose a specific species. Tall deciduous trees which shed leaves seasonally have wide crowns that provide both summer shade and winter sun. For privacy and windbreaks, low-branching conifers (needle-bearing trees) are the best choice. Small, narrow-crowned trees form an effective boundary line.

For aesthetic purposes, choose a tree that contrasts with its surroundings in form, size, color or texture. Trees with fruit, nuts or berries are beneficial to people and wildlife.

INSPECTION

Inspect each tree before buying it. Make sure it is healthy, without broken branches, has good form and unbroken bark. Look at the branching pattern—trees with numerous branches originating from one area may look full, but can be a problem as the tree grows and the branches compete. The tree will not change form and shape as it grows; the branches will merely elongate and thicken. Ideally, branches should be 12 inches apart and at an angle of 45 degrees or greater.

There are three types of trees available: container-grown, with the root ball enclosed in a pot; balled-and-burlapped, with the root ball dug from the ground and wrapped in burlap; and bare-root, which have no soil on the root

system. Each should have healthy white roots. Roots on a container-grown tree should not be circling the root ball inside the pot. The trunk should be centered in the root ball if covered in burlap. Roots should be moist and flexible if bare-root

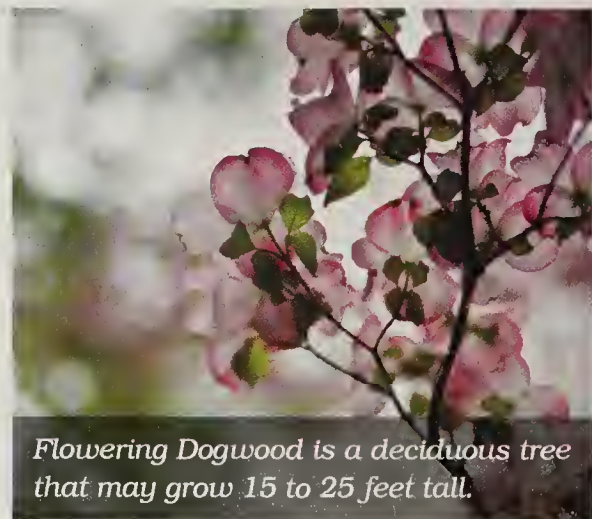
PROPER PLANTING

It's important to plant it properly. Dig a hole as deep as the root ball, but 2 to 3 times as wide. Loosening soil around the hole helps to encourage roots to grow away from the tree.

Remove the tree from the container and make several vertical cuts along the root ball to sever any circling roots. Burlapped trees may have nylon straps to remove or a wire basket to cut after placing in the hole. Make sure the tree is straight and level. The trunk flare (the cone where the roots spread away from the tree stem) should be visible above the ground when done.

Use the original soil to loosely backfill the hole, and then water the tree into place. A layer of mulch 2 to 4 inches thick will help retain the necessary moisture—about an inch of water every week or so, but keep the mulch away from the trunk to keep it dry and protect from disease and insects. Most trees do not need to be staked. If the trees do, remove all staking materials within one year of planting. 🌱

Amy Ney is a freelance writer with a background in private land management. She lives in Haywood County and is a member of Haywood EMC.



Flowering Dogwood is a deciduous tree that may grow 15 to 25 feet tall.



For vegetables in small spaces, select small, compact varieties. Strawberries often are ideal fruit crops because they can be grown in hanging baskets and pots, and can last three to four years with care.

Gardening for everyone

Ideas abound for disability friendly, small-space plantings

By Katie Lamar Jackson

Gardening has been proven to be good for mind and body. Fortunately, you don't need access to a yard and don't have to be perfectly healthy or fit to garden. You just have to adjust the garden to fit your needs.

LACK OF SPACE

You can garden inside a fourth-floor walkup or a retirement home apartment by using containers and plants suited for your rooms. Choose potted houseplants that require less sunlight and will grow in your indoor "climate." If your apartment tends to be dry, especially in the winter, pick plants that don't need lots of humidity or keep them in the bathroom.

EASY-TO-MANAGE POTS

Put your plants in manageable pots—not too heavy or on wheels to move them about—and put trays underneath so water doesn't drip on floors. Fill the pots with a lightweight, well-drained growing media, such as peat or sand, so you won't add extra weight or promote root rot problems.

PATIOS AND BALCONIES

Not satisfied with houseplants? Try window boxes! They work beautifully for sun-loving plants and are ideal for many annual ornamental plants, herbs and even some vegetables such as salad greens.

Another container option for indoor or small-space gardening is the planting bag, which is filled with a soil mixture designed so you can plant directly into a bag and add water and fertilizer as needed. They can be expensive, but are quite effective. Hanging baskets are also a great option for small-space gardening, though keep in mind that they require frequent watering.


If you have access to a patio or roof, you can grow a wider range of plants. Always get permission from the building owner if you are using a roof or other public space. There, you can use potted plants or build wooden or brick frames as garden beds. Trellising or caging crops can also save space.

RAISE PLANTS FOR ACCESS

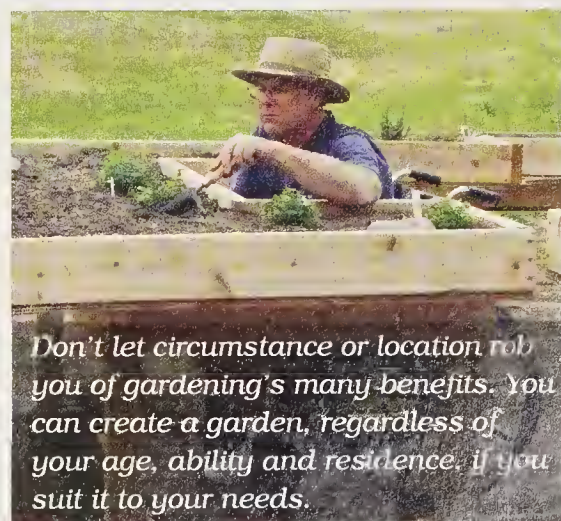
In addition to being ideal for small spaces, raised beds and container plantings can reduce or eliminate the need to bend or kneel. Build the beds to a height that suits your needs for standing or sitting, or place pots on pedestals or risers. Select plants that will not get so tall that you can't reach or see them with ease. When mixing several plant sizes, locate shorter plants in the front so that they are visible, easy to reach and won't be shaded.

SIGHT AND MEMORY IMPAIRMENT

People with low vision issues can lay out the beds in a simple, easy-to-see fashion and use brightly colored plant markers and colorful flowers and foliage. The blind can put in fragrant flowers and herbs—or plants such as lamb's ear—that are pleasant to touch. Adding wind chimes, rustling grasses or water fountains also adds enjoyment.

Gardening is also possible and therapeutic for people with memory-loss disorders, such as Alzheimer's disease. Keep the garden simple to manage and navigate and consider using plants that trigger pleasant memories. 

Katie Lamar Jackson is a freelance writer and photographer who has authored or co-authored three gardening books. She also serves as chief editor of the Office of Agricultural Communications and Marketing, which serves the Auburn University College of Agriculture and Alabama Agricultural Experiment Station.



Don't let circumstance or location rob you of gardening's many benefits. You can create a garden, regardless of your age, ability and residence, if you suit it to your needs.



Think about what you want to plant around the gate, such as climbing roses or other vines or shrubs.

MAKE A PLAN

Lots of gate building plans exist. Look for them in bookstores, garden centers, through your local Extension office and on the Web.

Artful entrances

Create a unique, welcoming gate to your garden

By Katie Lamar Jackson

In addition to keeping out the riff-raff, garden gates can be a welcoming element of art. A garden gate may provide a line of view into a garden or serve as a transition, and can be the focal point of your garden or landscape. It can be as complicated or simple as you like, ranging from two sentinel posts with no real gate to a roofed pergola and a bench for relaxing.

CHOOSING ONE FOR YOUR NEEDS

A garden gate needs to be functional as well as beautiful. Ask yourself: Does the gate need to keep animals — four-legged, three-legged or even two-legged — in or out? Does it need to be lockable? Or is its function more art than utility? Could it simply be an open arbor that defines an entryway, or does it need to provide a screen of privacy? Does it need to match an existing fence or landscape design? Are there neighborhood regulations that may dictate your style choices?

SITING IT

Once you have an idea of the kind of gate you want, figure out your site. A good idea is to take pictures of your garden or landscape from all sides and angles, including views from the house where the gate might be visible. Try black and white photos — they can help you spot assets and flaws in the location without the distraction of color.

DRAWINGS AND PHOTOS

Once you have picked your spot, sketch a picture of your dream gate adding any details you may want, such as whimsical touches of lattice, stained glass, woodwork, metal embellishments or paint. And think about what you want to plant around the gate, such as climbing roses or other vines or shrubs. If you don't draw, collect photos of garden gates from magazines and books.

MATERIALS


Garden gates can be made of almost anything, from bamboo to metal, wood to PVC or chicken wire (though it may take a special creative flair to make the chicken wire and PVC aesthetically pleasing) to simply an airy entryway with side posts but no real gate at all.

Some people use recycled materials or pieces of old barn wood for their gates, or reuse antique wood or metal gates found at yard sales or antique shops. Others have local wood or metal artists create one-of-a-kind gates. Still others take the do-it-yourself route and build their own using pre-packaged garden gate plans or their own design-build talents. You'll want to make sure hardware (hinges and latches) matches your gate's design and support.

DIMENSIONS

Generally, a garden gate should be at least 3 feet wide, and up to 4 feet in width. If you want a wider gate space, consider putting in a double-sided gate and definitely plan to provide extra support from the gate posts.

GATE INSTALLATION

Gate posts should be sturdy, straight and plumb and should be sunk at least 2 feet into the ground — 3 feet for wider or heavier gates — and perhaps even reinforced with concrete footings. Use treated lumber if you are using wooden posts so they won't rot or be eaten by termites. 

Katie Lamar Jackson is a freelance writer and photographer who has authored or co-authored three gardening books. She also serves as chief editor of the Office of Agricultural Communications and Marketing, which serves the Auburn University College of Agriculture and Alabama Agricultural Experiment Station.



This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by March 7 with your name, address and the name of your electric cooperative.

Online: carolinacountry.com
 By e-mail: where@carolinacountry.com
 Or by mail: Where in Carolina Country?
 P.O. Box 27306
 Raleigh, NC 27611

Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our April issue, will receive \$25. To see the answer before you get your April magazine, go to "Where Is This?" on our website carolinacountry.com



February winner

The picture in the February magazine from Capt. Harry Baldwin shows his fish fry cook house at the end of Broad Creek Road on the Neuse River, Craven County, near New Bern. Some of you told us it's known as Rowland Point and Spike's Point. The winning entry, chosen at random from all correct submissions, was from Lucy Warren of Goldsboro, a member of Tri-County EMC.



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As someone who loves to read and write, I have always wanted to write a book and get it published. However, trying to get a literary agent and publisher to take interest in a manuscript is a problem for the novice novelist. I had almost given up when I discovered how easy it is to publish an e-book. I published my first book, "Heartless Falls," last August. Finally, I am a published author!

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to other sales sites such as bn.com (Barnes and Noble), kobobooks.com (Kobo), and diesel.com (Diesel Online Stores). You set the price for your e-book and receive royalties that vary from site to site. For example, on smashwords.com, you receive 60 to 80 percent of the price of the book as royalties. Amazon.com pays 30 to 70 percent royalties, depending on the sales program you choose. Both sites offer free sales reports and tax-reporting information on your royalties. Also, Amazon offers a program called KDP Select, in which you sell your e-book exclusively on amazon.com and receive a financial incentive to do so.

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site. If you do an online search, you can find free covers that can be modified and free stock photos that can be incorporated into your artwork.

If you need help

If you are computer savvy and know how to use graphics software, you should be able to format your manuscript and create a cover without much difficulty. Many people are doing just that. However, if you do not have the computer know-how, patience or time to do this work, there are vendors who will do the work for you at a reasonable rate. Smashwords.com offers "Mark's List," which is a comprehensive list of vendors who will do as little or as much work as you want for very reasonable rates. For example, for \$30 to \$60, you can hire someone to create a cover. I prefer to spend my free time writing, so for \$250 I purchased a package from one of these companies that included formatting, creating a cover, setting up my accounts, and submitting the book for publishing on two sales sites. Within about a week, my book was published and for sale.

So no excuses! Get to work on the book you have always wanted to write and publish it yourself as an e-book. Who knows? Maybe it will be a best seller. Maybe a Hollywood director will see your e-book and offer you a fortune for the film rights. At least you will be a published author! 🍀

Donna Perez grew up in Charlotte and graduated from UNC-Chapel Hill. She lives in Monroe and is a member of Union Power Cooperative. Her book, "Heartless Falls: Psychics to the Rescue," takes place in a small town in the North Carolina mountains, home to numerous mediums, telepaths, empaths, and others with supernatural abilities. The residents interact in their day-to-day lives with comical results. But things get serious when a college student disappears and the town's people try to solve the case. The book is \$1.99 and available on amazon.com and smashwords.com.

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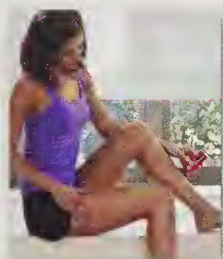
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“Winter itch is just as bad for my scalp as for the rest of my body, if not worse. I lathered my hands with my goat milk soap and massaged it onto my head and then rinsed. I want you to know that the itching has virtually disappeared.”

Goat milk soap

Photography by Ashley Fetner


The Carsuo family has been working their southwest Randolph County farm for about 20 years. They share the farm with their goats, horse, cat, cows, rabbits, chickens, quail and guinea fowl. In addition to caring for the farm animals, they grow vegetables, blueberries, figs, apples and pears. And they make soap.

The farm’s Alpine goats were producing more milk than the family could use, and a friend’s daughter had developed a skin condition that nothing seemed to help relieve. So Bernie Caruso, putting his chemistry degree to work, began making soap with the goat milk and asked the friends to try it. The soap relieved the young woman’s symptoms, so Bernie and Ellen Caruso sent the soap to family and friends to sample. Eleanor’s Finest Goat Milk Soap was born.

Goat milk contains enzymes, amino acids and other nutrients good for our skin. Goat milk is high in vitamin A that is necessary to repair damaged skin tissue and help maintain skin health. Fat is also important for soap making, and goat milk cream helps to boost the moisturizing quality of the soap. This helps with dry or sensitive skin and in such skin conditions as eczema and psoriasis.

The soap is made entirely from scratch and contains goat milk, eight plant oils, Shea butter, essential oils, fragrances and mineral color. There are 50 fragrances as well as “fragrance free.”

One customer’s e-mail said, “Winter itch is just as bad for my scalp as for the rest of my body, if not worse. I lathered my hands with my goat milk soap and massaged it onto my head and then rinsed. I want you to know that the itching has virtually disappeared.”

You can find Eleanor’s Finest at the Piedmont Triad Farmer’s Market in Colfax, or online at EleanorsFinest.com. 

—Kay Fetner

Kay and Ashley Fetner live in Asheboro and are members of Randolph EMC. See www.ashleyfetnerportraits.com

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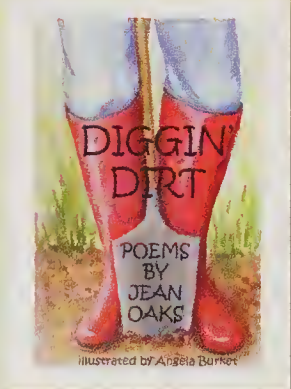
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on the bookshelf

Diggin' Dirt



For and about gardeners, "Diggin' Dirt" offers 20 pages of poems with lively illustrations. Author Jean Oaks, a master gardener, combined her poems with watercolor

drawings by artist Angela Burket, a fellow master gardener. Oaks peppers her poems with humor and the joys and tribulations of gardening. Topics include the miracle of seeds, early morning, broccoli, snakes, kudzu and wildlife who lunch. Burket and Oaks are members of Albemarle EMC and live in Hertford. Published by Perquimans Publishing in Hertford. Softcover, 20 pages, \$13.95.

You can order on the website below, which also lists local stores and nurseries that carry the book.

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Native Americans in Early North Carolina

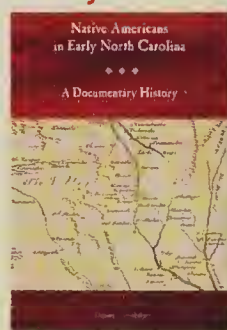
This landmark work chronicles the Native American experience in North Carolina, from the earliest European explorations in the late 16th century through the 18th century.

Documents in the volume are drawn from journals and other personal accounts, the correspondence of private citizens and government officials, land grants and deeds, court records, acts of the Assembly, reports and correspondence of government agencies involved in Indian affairs, newspapers, governors' papers, North Carolina laws, and records of the Executive Council, Moravians and the Church of England.

Topics include folkways, trade, religion, land, war, interaction with North Carolina society, and reservations. "Native Americans in Early North Carolina: A Documentary History" is softcover, 362 pages, \$20, and sold by the Historical Publications Section of the N.C. Office of Archives and History.

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The Governor's Lady

Cooper Lanier has been surrounded by politics her entire life. Her late father, Cleve Spainhour, was a beloved two-term Southern governor, as was her husband, Pickett Lanier. Now Cooper is taking office as governor herself, succeeding Pickett as he campaigns for president. But she quickly realizes she is surrounded by leftovers from her husband's administration and that Pickett intends to manage the state's affairs from the campaign trail, even if it means undermining her. Cooper is faced with the choice of seizing control or becoming an irrelevant figurehead.

"The Governor's Lady" shows how politics brings out the best and worst in people and how the public arena affects politicians' values and relationships. Author Robert Inman, a former anchorman and reporter, lives in Conover and Boone. Hardcover, 331 pages, \$26.95; also available as an e-book for \$9.99 through Kobo.

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CAROLINA COUNTRY scenes Photo of the month



Brothers

My two sons (ages 2 and 4) were splashing in puddles after a spring rainstorm.

Megan Johnson, Dobson, Surry Yadkin EMC

The Photo of the Month comes from those that scored an honorable mention from the judges in our 2014 photo contest ("Carolina Country Scenes," February 2014). See even more at the Photo of the Week on our website (carolinacountry.com).

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I Remember...



My dad, William "Bill" Moore (far left), in front of the REA truck in Waynesville.

Linemen on the night shift

My father, Bill Moore, started working for REA in Waynesville (Haywood EMC) when he was 16 years old and retired after 38 years. He would tell us stories of working in those early years. This was one of his stories.

The road to Cashiers was so bad back then that the drive from Waynesville would take all day. The REA office staff had to find local people who were willing to put up the linemen for a few days.

Daddy said it was very cold outside when he and the other linemen got to the man's house where they were to stay. There was only a small fire burning, one where you only saw a flame shoot up occasionally. They went on to bed, hoping to get warm but didn't. Their room turned out to be in the attic. The next morning they found the man's cat had frozen to death in the kitchen. They didn't stay with him again.

Dad worked without gloves or insulated underwear in the winter without ever complaining. Work was hard on the men back then. He loved his job and was thankful for it. Dad died on Oct. 15, 2013, from injuries sustained in a tractor accident. He was 83 years old.

Brenda Moore Clark, Waynesville, Haywood EMC

Aunt Mary's wisdom

I remember one Sunday afternoon we took my grandmother to visit Aunt Mary. I didn't know whose aunt she was, but we were told that she was elderly and didn't have children. Our instructions were to sit still and be quiet.

Aunt Mary's house was as drab on the inside as it was on the outside. We sat still and quiet as long as we could. When the squirming began, Aunt Mary asked us just one question.

"Have you ever caught a bird?"

"No," we all chimed in unison.

Into the kitchen she went, and when she returned she handed each of us a salt shaker. If you can sprinkle salt on a bird's tail, you can catch it, she explained.

As we ran out into the yard, the afternoon that was once filled with dread became magical. The time flew by and so did many birds. We did not catch a bird, but when the adults were ready to leave we begged to stay.

I didn't realize until I was older that if I was close enough to put salt on a bird's tail, I could have caught it without the salt. What a great childhood memory.

Susan Britt, Troy, Randolph EMC

The house in Memphis

The pretty little girl in the Octagon soap cart is my mother, Harriet Mildred McQuinn. Her father, Thomas McQuinn, owned a dry dock business on the Mississippi River in Memphis repairing boats and barges. She and my father, Eugene Thomas Glankler, were married in St. Brigid's Church in Memphis in 1924, and they lived with her mother in this house for a while after they married. Their first born, Joseph, was born in 1925 while they still lived there. He lived only two days.

I remember going from Louisiana to visit my grandmother when I was about 8 years old. That was a long trip in those days, and we weren't able to visit very often. It was the last time I saw my grandmother, but I still remember the warmth and closeness of family generated in this house.

Darrel Glankler, Waxhaw, Union Power Cooperative

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Or by U.S. mail: I Remember, Carolina Country,
3400 Sumner Blvd., Raleigh, NC 27616



The picture was taken in 1903 in front of my mother's old house at 684 Chelsea St., Memphis, Tenn.

The magic snakes

As a child I would hear the story that, in very drought times, if you killed a snake and turned it belly side up to the sun it would rain soon. One summer in about 1950 it was very dry, the corn fields and land were drying up, and we would hear the older folks talking about how dry it was and how they wished it would rain.

I was staying with my cousin Grady Cranford for a few days. We were around the ages of 7 and 9, and we were full of mischief and adventure. We decided that we would make it rain by testing the old saw of turning the snake belly up to the sun. We started out cutting slim poles for sitting and killing the snakes. We got on each bank of the creek, because at that time there were plenty of water snakes. We had a day of snake killing and laying each one we killed belly side up to the sun.

Behold, that night we were awakened with the sound of an awful storm with thunder and lightning and a lot of rain, rain that flooded the fields and creeks and even washed out the bridge that connected the road to my cousin's house. We couldn't believe it!

The next morning my uncle and other men were repairing the bridge and talking about how much it had rained that night. As we listened to them talk, we told them that we had made it rain by killing the snakes and turning them belly side up to the sun. They looked at each other and at us in wonder. I remember one man asking, "Just how many snakes did you kill?"

Richard Joines, Sparta, Blue Ridge Electric

Dough bait

On a drive home to the Crystal Coast from a trout-fishing trip in Ashe County, I began reminiscing about dough bait. As a novice with a fly rod, I occasionally use it if I'm unable to get the trout to bite on my bugs (flies). Dough bait is simply pea-sized bread that is usually wetted to give it a consistency that will keep it on the hook.

About 60 years or so ago, my family was living in New Jersey. About a block away from our home was a public park that had a lake. My friends and I would often take some of our mothers' black sewing thread, wrap it around the end of a stick, attach a twig for a bobber and tie on a store-bought (or borrowed) hook. For bait we would use whatever was available. If we couldn't find any worms, or something else suitable, we were left with dough bait. Of course it had to be white bread for the best effect. Back then the target was mainly what we called shiners.

Les Huber, Emerald Isle, Carteret-Craven Electric

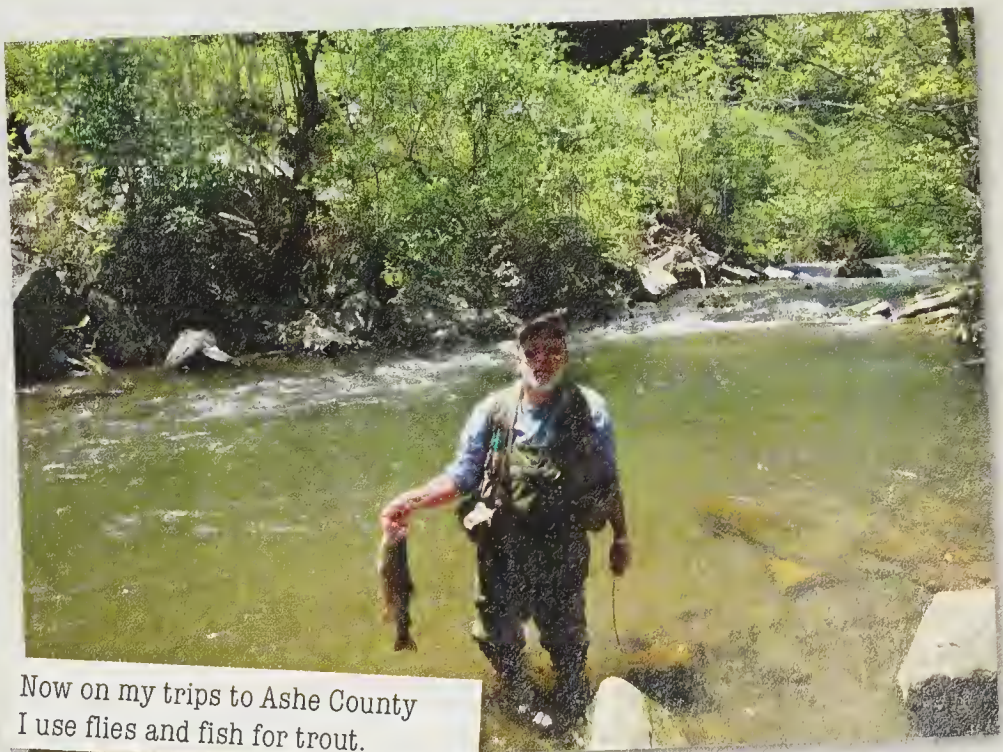


This is my grandma with her pet calf and me when I was age 4, taken in 1937 at Wilkins Creek in Haywood County.

Grandma's speech

My grandma spoke words that we don't hear much anymore. The one that I remember best is, "you musn't do that" (don't do anything wrong). Some other words she used were "poke" (paper bag), "holler" (hollow, a small valley), "peaked" (pale or sickly), "a heap of" (a lot), "I han't seed them" (didn't see them), "I'm a fixin' to go" (getting ready to go), "a fur piece" (a long way), "kiver" (cover), "a'feared" (afraid), "airish" (breezy), and "aim to" (intend to).

Yoder Clark, Clyde, Haywood EMC



Now on my trips to Ashe County I use flies and fish for trout.

UNSCRAMBLIT

Peace Institute (later Peace College)
in Raleigh served as a

o i l e r w r h p s r a i t g n s p d

Use the capital letters in the code key below to fill in the blanks above.

A C D F E H I L N O P R S T means
power and lights

Oh, Kay!

I keep getting mail from the
Council On Foreign Relations-
I don't have any foreign relations!



Phone*etics



When you punch in the number below on your telephone key pad you will spell out the name of N.C.'s first incorporated town (1704) and the county in which it is located.

2 2 8 4 2 3 2 8 3 6 7 8

In her book, "An American Childhood," Annie Dillard, resident of Hillsborough and a world-famous author, cites numerous memories of her mother's sense of humor. Her mom regarded instructions on bureaucratic forms as straight lines.

"Do you advocate the overthrow of the United States government by force or violence?"

After some thought she wrote, "Force."



MATCHBOXES

The state tree of North Carolina is the _____.
To find the missing words solve the multiplication problems below and write your answers in the box tops, one digit to each box. Then match boxes.

4 6 9 1 4 7 3 8

E F L I E A O N

x 2
G

2 5 9 2

G P L G

x 2
G

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Net Wt. 2.5 oz.

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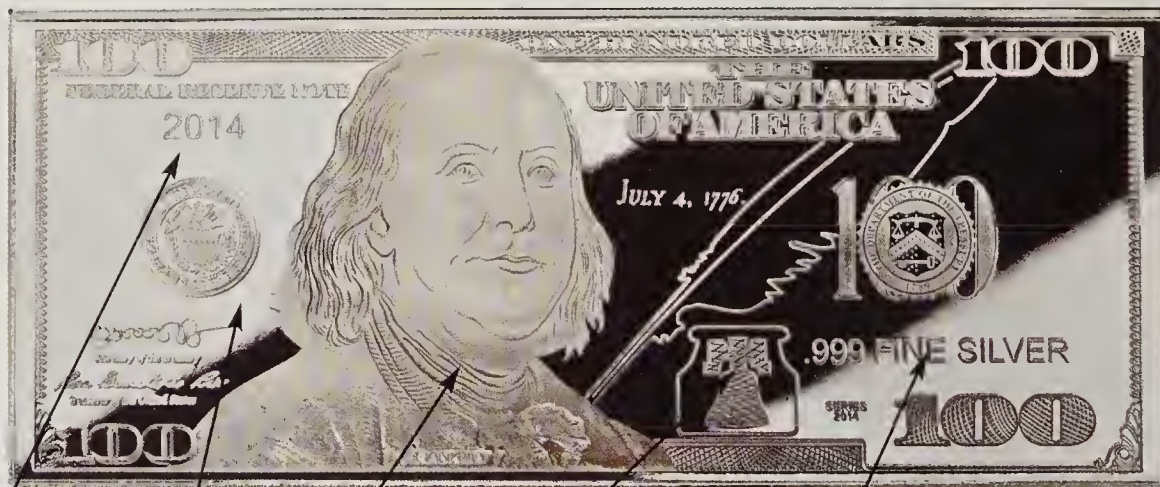
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2014 date

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background

Larger Franklin
portrait

Liberty Bell, quill pen
& July 4th date

Minted in one Troy ounce
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Actual size is 6" x 2 1/2"

GovMint.com Announces the Limited Mintage Striking of an Extraordinary Silver Proof—the Newest United States \$100 Bill Struck in Pure Silver Bullion. Discount Price \$99



This extraordinary piece of pure silver bullion has a surface area that exceeds 15 square inches...and it contains one Troy ounce of pure silver bullion!

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EXQUISITE DETAIL

The historic 2014 \$100 Silver Proof is an exquisite adaptation of the United States Treasury's newly-designed \$100 Federal Reserve Note. Benjamin Franklin has only appeared on four \$100 bill designs over the last 100 years. This dramatic artistic masterpiece will always be treasured.

.999 SILVER

Best of all, this stunning Silver Proof is even more beautiful than the original, because it's struck in precious silver bullion!

It is a landmark in proof minting, combining unprecedented weight with extraordinary dimension. The specifications for this colossal medallion proof are unparalleled. Each one:

- Is Individually Struck from Pure .999 Silver.
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- Contains 31.10 Grams (480 Grains) of Pure Silver.
- Is Individually Registered and Comes With a Numbered Certificate of Authenticity.
- Is Fully Encapsulated to Protect Its Mirror-Finish.
- Includes a Deluxe Presentation Case.

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The price for the 2014 \$100 Silver Proof will be set at \$129 per proof.

However, if you place your order now, you can acquire this giant silver proof at the special advance strike discount price—only \$99.

NOTE TO COLLECTORS: When you place your order for the \$100 silver proof, it will be processed immediately, and the earliest orders will receive the coveted lowest registration numbers.

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Substantial additional discounts are available for serious collectors who wish to acquire more than one of these exquisite silver proofs. You can order:

ONE Year 2014 \$100 Silver Proofs for just \$99 each + s/h

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March Events



The piece shown is by Donna King of Puzzle Creek Pottery, which is participating in the Catawba Valley Pottery & Antiques Festival. The festival is set for Saturday, March 29, at the Hickory Metro Convention Center in Hickory. For more information, call (828) 322-3943 or visit catawbavalleypotteryfestival.org.

Mountains (west of I-77)

Five Tams In Concert
March 13, Morganton
(828) 433-7469
tammsonline.org

Pottery & Antiques Festival
March 29, Hickory
(828) 322-3943
catawbavalleypotteryfestival.org

Empty Bowls Benefit
Select pottery bowl, fill with food
March 29, Brasstown
(828) 837-2775
folkschool.org

ONGOING

Street Dance
Monday nights, Hendersonville
(828) 693-9708
historichendersonville.org

Bluegrass Music Jam
Thursdays, Marion
(828) 652-2215

Cruise In
Second Saturdays, Dobson
(336) 648-2309

Freedom For All
Slave emancipation exhibit
Through March 19, Old Fort
(828) 668-9259
mountaingatewaymuseum.org

Piedmont (between I-77 & I-95)

Spring Fundraiser
Mardi Gras party
March 1, Asheboro
(336) 873-8430
ncpotterycenter.org

Mardi Gras Street Festival
March 1, Wake Forest
(919) 435-9415
wakeforestnc.gov

North Of Border Chili Festival
March 1, Lumberton
(910) 827-5542
robesonroadrunners.com

Artisan Demos & Tour
Learn about 19th century skills
March 1-2, Huntersville
(704) 875-2312
lattaplantation.org

Molasses Creek Concert
March 2, Asheboro
(336) 629-4369

Dr. Peter Mandaville
Speaker series
March 6, Raleigh
(919) 508-2362
peace.edu/events

Baseball Fever
March 7-8, Fayetteville
(910) 486-1330
museumofthecapefear.ncdcr.gov

Beach Friday
Music by Sand Band
March 7, 14 & 21, Wagram
(910) 369-0411
cypressbendvineyards.com

Yatahay! Indian Princess Fun
March 8, Spencer
(704) 762-9359
spencerdollandtoymuseum.com

Fiddler's Convention
March 8, Robbins
(910) 464-3600
tinyurl.com/27gq84c

Winter Jam Tour Spectacular
March 13, Fayetteville
(910) 438-4100
jamtour.com

Sandhills Antique Farm Equipment
March 14-15, Lillington
(910) 984-4317
safeclubinc.org

Arts For All
African painted gourds workshop
March 15, Laurinburg
(910) 277-3599
storyartscenter.org

Tchaikovsky's Symphony No. 6
March 15, Fayetteville
(910) 433-4690
fayettevillesymphony.org

Celtic Festival
March 15-16, Huntersville
(704) 875-2312
lattaplantation.org

Listen And Learn Lecture Series
March 16, Waxhaw
(704) 843-1832
museumofthewaxhaws.com



Listing

Deadlines:

For May: Mar. 25
For June: April 25

Submit Listings Online:

Visit carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.



The Old Time Fiddlers Convention, set for March 28–29 in Dobson, offers competitions, jam sessions, dances, cake walks, raffles, seminars and special guest instructor Paul Brown of NPR (above). For more information, call (877) 999-8390 or visit surryoldtime.com.

Randall Atcheson Concert Pianist
March 16, Wake Forest
(919) 556-5141
virginiatull.org

Harlem Globetrotters
March 20, Fayetteville
(910) 438-4100
atthecrown.com

Symphonic Band
March 20, Fayetteville
(910) 630-7602
methodist.edu/home/public_events.shtml

Jazz Festival
March 21–22, Fayetteville
(910) 630-7100
methodist.edu/music/calendar.htm

Comedian Joan Rivers
March 22, Fayetteville
(910) 323-1991
community-concerts.com

American Girl Fashion Show
March 22–23, Fayetteville
(910) 438-4100
atthecrown.com

Dancin' In The Clover
March 22, Monroe
(704) 283-3740
union4hfoundation.com

Dolls & Dogs
March 23, Spencer
(704) 762-9359
spencerdollandtoymuseum.com

Sketches from Pinehurst
March 23, Fayetteville
(877) 627-6724
ncsymphony.org/events

University Singers Spring Concert
March 27, Raleigh
(919) 508-2362
peace.edu/events

Jazzy Friday
March 28, Wagram
(910) 369-0411
cypressbendvineyards.com

Friends Of Music
Guest artist series
March 28, Fayetteville
(910) 630-7153
methodist.edu/music/calendar.htm

Scooby Doo Live Musical Mysteries
March 28, Fayetteville
(910) 438-4100
atthecrown.com

Old Time Fiddlers Convention
March 28–29, Dobson
(877) 999-8390
surryoldtime.com

Macbeth
March 28–30, Fayetteville
(910) 678-7186
gilberttheater.com

Plus Size Woman Expo
March 29, Fayetteville
(910) 438-4100
atthecrown.com

The Three Jazz Divas
March 29, Fayetteville
(910) 687-4746
carolinaphil.org

ONGOING

Maness Pottery & Music Barn
Dinner, music, fellowship
Tuesday nights, Midway
(910) 948-4897
www.liveatclydes.com

Durham Civil War Roundtable
Third Thursdays, Durham
(919) 643-0466

Art After Hours
Second Fridays, Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Betty Lynn (Thelma Lou)
Appearance at Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
www.visitmayberry.com

Fourth Friday
Arts, shopping
Fayetteville
(910) 483-5311
www.theartscouncil.org

Super Circus Heroes
Ringling Brothers & Barnum & Bailey
Through March 2, Fayetteville
(910) 438-4100
crowncoliseum.com

The Works Of Earl Gardner
Painting exhibit
Through March 4, Fayetteville
(910) 484-6200
upandcomingweekly.com

The Evolution of Recorded Sound
Through March 8, Dallas
(704) 922-7681
gastoncountymuseum.org

NC Art Pottery: Utility to Unique
Through March 16, Fayetteville
(910) 433-1944

Art & Orchids
Through March 23, Belmont
(704) 825-4490
dsbg.org

It's All About The Story
Artists responding to stories
Through March 23, Hillsborough
(919) 732-5001
hillsboroughgallery.com

City Market At The Museum
Wednesday & Saturdays
Through March 29, Fayetteville
(910) 433-1457
facebook.com/citymarketatthemuseum

Pablo Picasso Ceramics Exhibit
Through April 12, Fayetteville
(910) 630-7107
davidmccunegallery.org

Flights Of Fancy
Gallery of Arts
Through April 20, Hillsborough
(919) 732-5001
hillsboroughgallery.com

The Piano Lesson
Thursday - Sunday
March 6–23, Fayetteville
(910) 323-4234
cfrt.org

Oldies, Rock & Blues Music
March 7–21, Hope Mills
(910) 426-4109

Juried Art Exhibition
Cumberland County High School
March 11–22, Fayetteville
(910) 323-1776
theartscouncil.com

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PHONETICS
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MATCH BOXES
9 3 8 2 9 4 7 6 5 1 8 4
L O N G L E A F P I N E



There are more than 200 markets in North Carolina offering fresh produce and more. Some are open year-round; others open in March or April. For information about one near you, visit ncfarmfresh.com/farmmarkets.asp.

Teachers Of Tradition
Exhibition of award-winning potters
March 22–April 26, Seagrove
(336) 873-8430
ncpotterycenter.org

**Urban Art: Expression
Of An Environment**
March 28–April 19, Fayetteville
(910) 323-1776
heartscouncil.com

Coast (east of I-95)

Home Builders Expo
March 1–2, Greenville
(252) 756-7915

Coastal Consumer Showcase
Local products, services
March 6, St. James
(910) 457-6964
outhport-oakisland.com

Mighty Fortress Is Our Basement
Musical comedy
March 7, Rocky Mount
(252) 985-5197
cwc.edu/arts/dunncenter

NC Boat Show
March 7–9, Greenville
(252) 321-7671

Trick or Treat Farm Concert
March 14, New Bern
(252) 646-4657
owneastfolkarts.org

Trick or Treat Farm Concert
March 15, Beaufort
(252) 646-4657
owneastfolkarts.org

Civil War Adventure Day
March 15, New Bern
(252) 638-8558
newbernhistorical.org



They're back! In the fourth installment of this musical comedy series, these church basement ladies remain firm in their faith and friendships in the face of change. "A Mighty Fortress Is Our Basement" will be held Friday, March 7, in Dunn. Call (252) 985-2197 or visit ncwc.edu/Arts/DunnCenter.

The Grass Cats
Bluegrass band
March 15, Mount Olive
(800) 653-0854
umo.edu

Literary Festival & Poetry Slam
March 19–20, Mount Olive
(800) 653-0854
umo.edu

Dancing With The Stars
March 20, Greenville
(252) 493-7284
pccdancingstars.com

The Official Blues Brothers Revue
March 21, Greenville
(800) 342-5328
ecu.edu/srapas

KidsFest
March 22, Greenville
(252) 758-8885
mppfc.org

MultiCultural Festival
March 22, Havelock
(252) 447-3137
annunciationcatholicnc.org

Coastal Living Show
March 22–23, Wilmington
(910) 470-3127

Sea Notes Choral Society Concert
March 27–28, Oak Island
(910) 363-4183
sea-notes.com

PetFest – "PAWS for a Cause at the K9 Corral"
March 29, Washington
(252) 945-5172
facebook.com/beaufortcountynchumanesociety

Making Babies Fit Maternity Fair
March 30, Greenville
(252) 902-2424

ONGOING

Art Walk
First Friday, Elizabeth City
(252) 335-5330
<http://ecncart.com>

Art Walk
First Friday, Greenville
(252) 561-8400
www.uptowngreenville.com

Cheryl Hinton Hooks Art Exhibit
March 15–April 4, Mount Olive
(800) 653-0854
umo.edu

Pippin
RiverTowne Players
March 28–April 12, New Bern
(252) 633-3318
rivertowneplayers.com



March-ing toward spring

Spring is on the way, and so are lots of gardening workshops and classes! To find gardening events near you, click your county's link at the North Carolina Cooperative Extension's website, ces.ncsu.edu/local-county-center. You'll also find North Carolina events at Carolina Garden's Carolinas page, statebystategardening.com/carolinas. And of course, keep checking our Calendar of Events on carolinacountry.com — we update our web-submitted listings as we get 'em.

CAROLINA COUNTRY ADVENTURES

Swashbuckling in Greenville

As “the heart of eastern North Carolina,” Greenville stays lively in all seasons because of its Tar River heritage, dedication to education, premier medical care facilities and a certain breed of pirates.

The town formed first in Log Town when John Hardee in 1760 turned his house into a courthouse for the new Pitt County. Richard Evans in 1771 laid out his plantation for what we know today as uptown Greenville. Back then it was called Martinsborough, in honor of a roundly disliked New Yorker who was the colonial governor of North Carolina at New Bern. In 1787, the state legislature renamed the town for Gen. Nathanael Greene, a Revolutionary War hero who drove the British army out of the Carolinas. At the same time, the legislature chartered Pitt Academy, and ever since the town has been a hotbed of educators and other heroes. (It was Gen. Greene



Pirates will range free at Piratefest in Greenville April 11–12.

PirateFest April 11–12

The big deal in Greenville next month is PirateFest. Greenville has been a safe haven for pirates ever since the 1934 Teachers College yearbook introduced “Pirate Teachy,” in tribute to Edward Teach, a Beaufort County local who might have been the pirate Blackbeard.

Uptown Greenville hosts the 8th annual PirateFest on April 11–12. Friday’s live music Buccaneer Bash runs 5–8 p.m. Then Saturday’s PirateFest begins at 10 a.m. with fine arts and crafts, three live music stages, a “grog garden,” pirate entertainers, a Parade of Pirates (dress up and walk in it, 12 noon), a children’s costume contest, and a Pirate Encampment offering crafts, an inflatable pirate ship and other activities. There’s a Fossil Dig, kayak rides, and food and entertainment at the International Ports O’ Call. Returning this year are Green Fest’s eco-friendly booths and fare.

Piratefestnc.com

who said, “Learning is not virtue but the means to bring us an acquaintance with it,” as well as, “We fight, get beaten, rise, and fight again.”)

The river saw heavy navigation in service to cotton plantations and later tobacco farms. A hundred years ago, Greenville was one of the world’s largest tobacco markets. Today’s East Carolina University was emerging from adolescence then, formed by the legislature in 1907 as the co-educational East Carolina Teachers Training School. William Blow was the leading doctor here in the first half of the 1800s, succeeded by Charles J. O’Hagan, who came as a teacher then studied medicine in New York and returned to Greenville to practice in the years leading up to the Civil War. While local women ran makeshift hospitals during that war, Greenville’s first official one was opened in 1924 by four doctors, including Dr. O’Hagan’s grandson.

Greenville emerged into the modern era in the 1960s. Maybe the first sign was the drive-through burger stand opened in 1960 at the popular college cruising zone of 14th and Charles by local boy Wilbur Hardee. Or maybe it was Lively Louie, The

Talking Litter Box, at Five Points that said “thank you.” Major “redevelopment” occurred during ensuing years, including the controversial razing of the so-called “Tenderloin” district or “downtown,” now the Town Common area along the river.

Today, Greenville is home to 87,000 residents, about 27,000 ECU students, some 1,700 licensed providers at Vidant Medical Center, and about 1,400 employees at DSM Pharmaceuticals, not to mention champion BMX stunt bikers, Extreme cheerleaders and skaters, and the world’s largest hammock maker.

Besides all this, Greenville is well known for its celebrations. Merchants over the years have staged Confederate Day, Dollar Day, Farmers Day, Hi Neighbor Day, Straw Hat Day and Turkey Day among others. There’s Freeboot Fridays during football season, as well as First Friday and summer’s Sunday in the Park series.

—Michael E.C. Gery

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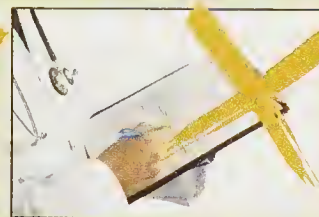
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A balancing act

How to balance air movement among rooms when doors are closed

Q: When the bedroom doors are shut at night and the heat is running, my master bedroom gets unbearably hot. Other than keeping the doors open, what can be done to remedy this problem?

A: Keeping interior doors open may be the cheapest solution, but it is not always feasible. Between family members going to bed early, late night television and pesky pets, I feel your pain.

The Problem

When interior doors are closed, the heated air cannot circulate enough to maintain a consistent temperature to match the thermostat setting.

Most homes with forced air systems have one air return. If 10 supply registers blow 100 cubic feet per minute (cfm) each, the air return will pull in about 1,000 cfm. One cubic foot is the volume of five Crispix cereal boxes.

When interior doors are shut, the air return will still try to pull a huge amount of air. Door undercuts are often too small because they are typically ¼-inch by 30 inches (7.5 square inches) and the majority of supply vents are 4 inches by 10 inches (40 square inches). Small rooms such as bathrooms are the only spaces that door undercuts work fine.

When the air supplied to a bedroom cannot circulate back to the air return, the HVAC unit sucks air from somewhere else. My colleague, John Tooley, likes to say that, “Air moves like teenagers. Always seeking the path of least resistance.”

When visiting family over the holidays, I felt a cold breeze coming from an unlatched window and attic access panel in my bedroom. The bedroom door was shut and the air return that serves three bedrooms was in my room. All the air supplied to the adjoining rooms couldn’t make it back to the air return, so the air was



A transfer grill allows air to cycle back into the room that has an air return.

getting sucked from the easy sources, the window and attic. Easy sources of air are also the most expensive sources because it takes more energy to heat a house that is sucking in vast quantities of 40-degree air.

The Solution

Have you ever noticed operable transom windows over interior doors in historic homes or schools? Transoms allow indoor air to circulate and help balance room temperatures throughout a building. This is called pressure balancing. A transom would allow you to keep the bedroom door shut in the winter and prevent the room from getting blistering hot.

Modern solutions to pressure balancing include transfer grills, jump ducts and multiple air returns.

Transfer grills are a rectangular hole through an interior wall that is covered with a grill on each side. This “hole in the wall” allows bedroom air to cycle back to the air return. There are a few products made specifically for this

purpose that also limit the amount of light and sound transmitted between rooms. This is an inexpensive solution and an easy weekend project.

Jump ducts are grills installed in the ceiling that connect a room without an air return to a room with an air return. This method is a little more time consuming in an existing home but jump ducts don’t transmit light or sound like transfer grills.

Air returns located in bedrooms and the main body of the home is also a terrific way to create circulation throughout a home.

In any of these scenarios, it is best to consult with an HVAC contractor to make sure that the air supply is correct and that the pressure balancing technique is sized to match. It is possible to live in a house where the bedroom doors can be closed at night and everyone is comfortable. Sleep tight! 🛏

Hannah McKenzie is a residential building science consultant for Advanced Energy in Raleigh. Advancedenergy.org

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Lighting outdoor spaces

Keep energy costs in focus when selecting lighting for entertaining and security

Outdoor lighting for security can be effective, but it drives up electric bills if done improperly. And if you want to create a party mood, know that security lights are not always the best choice for entertaining and vice versa.

Make your security and entertaining lighting plans independently, then check to see where they overlap. Security lighting is usually on all night; entertainment lighting is not. Choosing the proper security lighting has a greater impact on your utility bills.

First, make other low-cost security improvements. Make sure your window latches lock securely, install bump-resistant door deadbolts, and consider an alarm system.

Once you feel the perimeter of your home is relatively secure, plan your lighting. Do an outdoor walk-around inspection of your house at night to see where additional lighting might help. Sometimes there is enough brightness from a neighbor's home to illuminate otherwise dark, suspect areas.

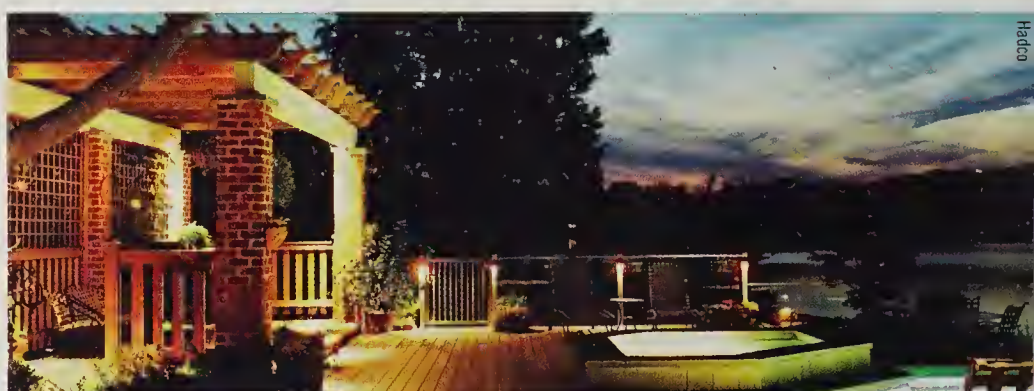
Prioritize your lighting need areas. Installing just two 150-watt security lights and keeping them on all night can increase your electric bill by more than \$100 per year.

Make an effort to minimize nighttime light pollution. Bright lights create a problem for wildlife and can be annoying to neighbors. If you install floodlighting, mount a directional light shield over it.

Motion-sensor lights

Motion-sensor lights are some of the most efficient and effective for security. When the light comes on, a would-be thief assumes he has been seen. They also catch neighbors' attention. Select one with two-level lighting. You can switch it on for low-level background lighting; it only switches to full brightness when motion is detected. Fixtures cost \$35–\$50.

Where there is access to full sun, consider solar-powered motion-sensing floodlights. If you choose



View of an efficient and well-lighted house for security and entertaining.



This is a cutaway view of an LED floodlight. Four white LED's are clustered to focus light on a relatively small outdoor area.



A motion-sensing two-bulb floodlight mounted over a garage door. It stays on for only 60 seconds after no motion is detected.



The incandescent bulb in this existing outdoor light fixture has been replaced with an efficient compact fluorescent bulb.

this option, spend extra for an ample battery pack (measured in watt-hours). These lights continue to operate even after a few consecutive cloudy days with little recharging sunlight. Fixtures cost about \$50.

CFLs

If you plan to install low-cost standard 120-volt outdoor lighting fixtures, try using CFLs. These only use one-quarter as much electricity as standard incandescent bulbs and last at least 10 times longer. The overall savings will pay back their higher cost many times over. CFLs do not always work well in cold outdoor temperatures, and take a little while to reach full brightness. Try one or two first, and make sure the bulb is intended for outdoor use. Fixtures cost \$185–\$300.

LEDs

LEDs, another super-efficient lighting option, are not affected by the cold.

With a bright white light output, LEDs last up to 50,000 hours. Their light output is directional, so they are best for lighting specific targeted areas. Fixtures cost \$90–\$130. ⚡

Jim Dulley is an engineer and a columnist for the National Rural Electric Cooperative Association. Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit dulley.com.

The following companies offer efficient outdoor lighting:

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- 1½ pounds ground beef
- 2 teaspoons Worcestershire sauce
- 1 teaspoon kosher salt
- ½ teaspoon ground black pepper
- 12 slices sourdough bread
- ½ cup Secret Sauce (see recipe)
- 1 cup caramelized onions (see recipe)
- 6 slices cheddar cheese
- 6 tablespoons unsalted butter

In a large bowl, combine ground beef, Worcestershire, salt and pepper. Shape ground beef into 6 oval patties.

In a large cast-iron skillet, cook patties over medium-high heat until browned and cooked through, approximately 2 minutes per side. Remove skillet from heat. Remove patties from skillet; wipe out skillet.

Layer 1 bread slice with 1 tablespoon Secret Sauce, 2 to 3 tablespoons caramelized onions, 1 slice cheese, 1 patty, and another tablespoon Secret Sauce. Top with another bread slice. Repeat with remaining bread, Secret Sauce, caramelized onions, cheese and patties.

Heat skillet over medium-high heat. Melt 2 tablespoons butter in skillet. Working in batches, cook sandwiches, flipping once, until golden brown and heated through, approximately 3 minutes per side. Add remaining butter to skillet as needed.

Secret Sauce

- ¼ cup Dijon mustard
- ¼ cup mayonnaise
- 1 tablespoon barbecue sauce
- ½ teaspoon hot sauce

In a small bowl, stir together above ingredients until mixed. Store, covered, in refrigerator up to 3 days.

Caramelized Onions

- 2 tablespoons unsalted butter
- 3 medium Vidalia onions, thinly sliced

In a medium cast-iron skillet, melt butter over medium heat. Add onion. Cook, stirring occasionally, until onion is soft and golden brown.



Butterscotch-Walnut Blondies

- 1 cup unsalted butter, melted and cooled slightly
- 1½ cups firmly packed light brown sugar
- 2 large eggs
- 2 teaspoons vanilla extract
- 2 cups all-purpose flour
- 1 teaspoon baking powder
- 1 teaspoon kosher salt
- ¾ cup butterscotch morsels
- ¾ cup chopped walnuts

Preheat oven to 350 degrees. Spray an 8-inch square baking pan with nonstick baking spray with flour. Set aside.

In a medium bowl, whisk together melted butter and brown sugar until smooth. Whisk in eggs and vanilla.

In another medium bowl, whisk together flour, baking powder and salt. Gradually add egg mixture to flour mixture, stirring to combine. Gently stir in butterscotch and walnuts. Spread batter in prepared pan, smoothing top with an offset spatula.

Bake until golden brown and a wooden pick inserted in center comes out clean, approximately 20 minutes. Let cool completely in pan on wire rack.

Yield: approximately 9 bars

From Your Kitchen

Pineapple Pretzel Salad

- 1 cup pretzels, crushed
- ½ cup sugar
- 1 stick butter, melted
- 1 package (8 ounces) cream cheese
- 1 small carton (8 ounces) Cool Whip
- ½ cup sugar
- 1 large can crushed pineapple
- 2 tablespoons cornstarch

Mix crushed pretzels, ½ cup sugar and butter; press into a 9-by-13-inch Pyrex dish. Bake at 325 degrees for 5 minutes and then let it cool.

Mix cream cheese, ½ cup sugar and Cool Whip until blended. Spread this mixture on top of the pretzel crust.

Drain the pineapple and reserve the juice. Heat pineapple juice with 2 tablespoons cornstarch until thick. Mix crushed pineapple with juice mixture and spread on top of creamed mixture and refrigerate until firm.

This recipe comes from Lib Biggerstaff of Youngsville, a member of Wake EMC

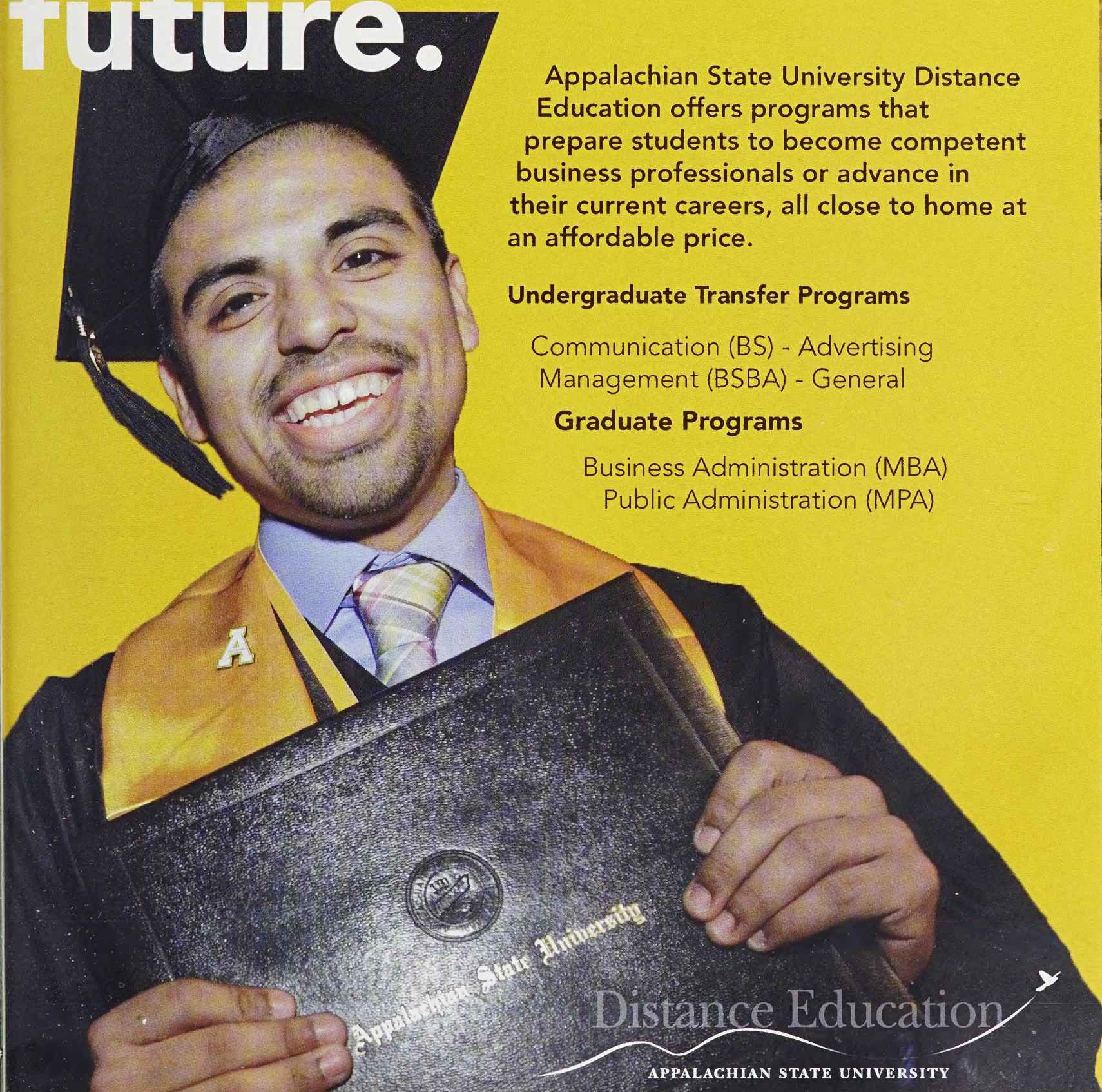
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